

SWIM ZONE Pool Timetable

Main Pool		06:00 - 07:00	07:00 - 08:00	08:00 - 09:00	09:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 18:00	18:00 - 19:00	19:00 - 20:00	20:00 - 21:00	21:00 - 22:00		
Monday	1	CLOSED				Lane Swim			GENERAL SWIM					Aqua Fit	Aqua Fit	Lane Swim			
	2					GENERAL SWIM			GENERAL SWIM					Learn to swim		General Swim			
	3					GENERAL SWIM			GENERAL SWIM					Learn to swim					
	4					GENERAL SWIM			GENERAL SWIM					Learn to swim					
Tuesday	1	CLOSED				Lane Swim			GENERAL SWIM					Learn to swim		Bellshill sharks			
	2					GENERAL SWIM			GENERAL SWIM					Learn to swim		Bellshill sharks			
	3					GENERAL SWIM			GENERAL SWIM					Learn to swim		Bellshill sharks			
	4					GENERAL SWIM			GENERAL SWIM					Learn to swim		Bellshill sharks			
Wednesday	1	CLOSED				Aqua Fit			GENERAL SWIM					Learn to swim		Dis-sport club	GENERAL SWIM, (Subject to change)		
	2					GENERAL SWIM			GENERAL SWIM					Learn to swim		Aqua Fit	GENERAL SWIM, (Subject to change)		
	3					GENERAL SWIM			GENERAL SWIM					Learn to swim		Aqua Fit	GENERAL SWIM, (Subject to change)		
	4					GENERAL SWIM			GENERAL SWIM					Learn to swim		Aqua Fit	GENERAL SWIM, (Subject to change)		
Thursday	1	CLOSED				Lane Swim			GENERAL SWIM					Learn to swim		Aqua Fit			
	2					GENERAL SWIM			GENERAL SWIM					Learn to swim		Aqua Fit			
	3					GENERAL SWIM			GENERAL SWIM					Learn to swim		Aqua Fit			
	4					GENERAL SWIM			GENERAL SWIM					Learn to swim		Aqua Fit			
Friday	1	CLOSED				Lane Swim			GENERAL SWIM					Learn to swim		General swim			
	2					GENERAL SWIM			GENERAL SWIM					Learn to swim		General swim			
	3					GENERAL SWIM			GENERAL SWIM					Learn to swim		General swim			
	4					GENERAL SWIM			GENERAL SWIM					Learn to swim		General swim			
Saturday	1	CLOSED	Airdrie & Coatbridge ASC					Lane Swim			GENERAL SWIM			General swim (subject to change)		CLOSED			
	2		Airdrie & Coatbridge ASC					Lane Swim			GENERAL SWIM			General swim (subject to change)		CLOSED			
	3		Airdrie & Coatbridge ASC		Learn to swim			GENERAL SWIM			GENERAL SWIM			General swim (subject to change)		CLOSED			
	4		Airdrie & Coatbridge ASC		Learn to swim			GENERAL SWIM			GENERAL SWIM			General swim (subject to change)		CLOSED			
Sunday	1	CLOSED				Lane Swim			GENERAL SWIM			GENERAL SWIM			General swim (subject to change)		CLOSED		
	2					GENERAL SWIM			GENERAL SWIM			GENERAL SWIM			General swim (subject to change)		CLOSED		
	3					GENERAL SWIM			GENERAL SWIM			GENERAL SWIM			General swim (subject to change)		CLOSED		
	4					GENERAL SWIM			GENERAL SWIM			GENERAL SWIM			General swim (subject to change)		CLOSED		

Please note that there may be slight change in the main pool at certain days/times due to school swimming lessons.

Boom Area		06:00 - 07:00	07:00 - 08:00	08:00 - 09:00	09:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 18:00	18:00 - 19:00	19:00 - 20:00	20:00 - 21:00	21:00 - 22:00	
Monday					Learn to Swim			Learn to Swim				Learn to Swim			Aqua Fit			
Tuesday					Learn to Swim			Learn to Swim				Learn to Swim						
Wednesday					Learn to Swim			Aqua Fit	Learn to Swim					Learn to Swim				
Thursday					Learn to Swim			Learn to Swim				Learn to Swim			Aqua fit			
Friday					Learn to Swim			Learn to Swim				Learn to Swim						
Saturday					Learn to Swim								CLOSED					
Sunday														CLOSED				

Please note that there may be a reduced programme on certain days/times with regards to school swimming lessons

