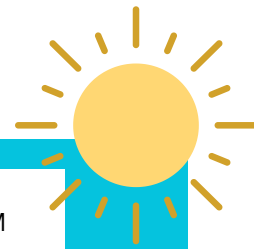


SUMMER POOL TIMETABLE



MONDAY	LENGTH SWIM 7:15am - 9am	GENERAL SWIM 12-2pm	CARNEGIE SWIM ACADEMY 4-6pm	GENERAL SWIM 6-8pm
TUESDAY	LENGTH SWIM 7:15am - 9am	GENERAL SWIM 12-2pm		ADULT SWIM LESSONS 5-7pm
WEDNESDAY	LENGTH SWIM 7:15am - 9am	GENERAL SWIM 12-2pm		GENERAL SWIM 5-7pm
THURSDAY	LENGTH SWIM 7:15am - 9am	GENERAL SWIM 12-2pm		GENERAL SWIM 5-7pm
FRIDAY	LENGTH SWIM 7:15am - 9am	GENERAL SWIM 12-2pm	CARNEGIE SWIM ACADEMY 4-8pm	
SATURDAY	JUNIORS TRIATHLON 8:15- 10am	CARNEGIE SWIM ACADEMY 10- 1:30pm	LENGTH SWIM 2-3pm	FAMILY SWIM 3-4pm
SUNDAY		CARNEGIE SWIM ACADEMY 9 - 1:30pm	LENGTH SWIM 2-3pm	FAMILY SWIM 3-4pm



SUMMER POOL TIMETABLE

LENGTH SWIM

Swimmers in this session must be able to swim lengths continuously. Signs are on poolside to guide swimmers on the speeds and directions of each lane.

SUITABLE FOR: Competent swimmers swimming lengths.

NOT SUITABLE FOR: Non swimmers or aqua jogging.

GENERAL SWIM

A general swim session for all abilities and ages. One or two lanes may be provided, the rest of the pool is open.

SUITABLE FOR: All swimmers – all abilities and ages. Swimmers can swim lengths, aqua jog or remain in the shallow end to build water confidence.

FAMILY SWIM

Designed to allow families to enjoy the pool together. This session is for families with children only. Please follow our children ratios. Adults without children will be denied entry.

SUITABLE FOR: Families with children only

CARNEGIE SWIM ACADEMY

Our group swimming lessons for children. Find out more [here](#).

CHILDREN RATIOS

Children under 4: 1 child to 1 adult
Children aged 4-8: 2 children to 1 adult
Children over 8: no adult required

ADULT SWIMMING LESSONS

Group lessons for adults, there are different classes for different abilities. Find out more [here](#).