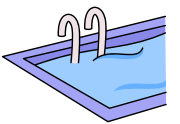




TERM POOL TIMETABLE



MONDAY	AU TRIATHLON 7:15-8am	LENGTH SWIM 8-9am	FACULTY USE 9am-12pm	GENERAL SWIM 12-2pm	FACULTY USE 2-4pm	CARNEGIE SWIM ACADEMY 4-6pm	GENERAL SWIM 6-8pm	AU SWIMMING 8-10pm
TUESDAY	AU TRIATHLON 7:15-9am		FACULTY USE 9am-1pm	GENERAL SWIM 1-2pm	FACULTY USE 2-5pm	ADULT SWIM LESSONS 5-7pm	AU SWIMMING 7-9pm	AU WATERPOLO 9-10pm
WEDNESDAY	AU TRIATHLON 7:15-8am	LENGTH SWIM 8-9am	FACULTY USE 9am-12pm	GENERAL SWIM 12-2pm	CLOSED 2-3pm	AU WATERPOLO 3-5pm	GENERAL SWIM 5-7pm	AU TRIATHLON 7-9pm
THURSDAY	AU TRIATHLON 7:15-9am		FACULTY USE 9am-1pm	GENERAL SWIM 1-2pm	FACULTY USE 2-5pm	GENERAL SWIM 5-7pm	AU SWIMMING 7-8:30pm	AU WATERPOLO 8:30-10pm
FRIDAY	AU TRIATHLON 7:15-8am	LENGTH SWIM 8-9am	FACULTY USE 9am-12pm	GENERAL SWIM 12-2pm	FACULTY USE 2-4pm	CARNEGIE SWIM ACADEMY 4-8pm	AU SWIMMING 8-10pm	
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	AU SWIMMING 4-6pm		

TERM POOL TIMETABLE

*** Commencing 1st April 2024

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](#).