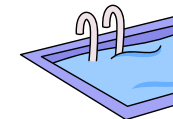





# TERM POOL TIMETABLE



<b>MONDAY</b>	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
<b>TUESDAY</b>	AU TRIATHLON 7:15-9am		FACULTY USE 9am-1pm	GENERAL SWIM 1-2 PM	FACULTY USE 2-5pm	ADULT SWIM LESSONS 5-7pm	AU SWIMMING 7-9pm	AU WATERPOLO 9 -10pm
<b>WEDNESDAY</b>	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
<b>THURSDAY</b>	AU TRIATHLON 7:15-9am		FACULTY USE 9am-12pm	GENERAL SWIM 12-2pm	FACULTY USE 2-5pm	GENERAL SWIM 5-7pm	AU SWIMMING 7-8:30pm	AU WATERPOLO 8:30-10pm
<b>FRIDAY</b>	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
<b>SATURDAY</b>	JUNIORS TRIATHLON 8:15- 10am		CARNegie SWIM ACADEMY 10- 1:30pm	LENGTH SWIM 2-3pm	FAMILY SWIM 3-4pm			
<b>SUNDAY</b>	CARNegie SWIM ACADEMY 9 - 1:30pm			LENGTH SWIM 2-3pm	FAMILY SWIM 3-4pm	AU SWIMMING 4-6pm		

# TERM POOL TIMETABLE

\*\*\* Commencing September 11th

## 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](#).