

SANDHURST HEALTH CLUB

SWIMMING POOL TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 AM							
7 AM		AC L1		AC L1			
8 AM							
9 AM		SS L1 L2	SS L1 L2	SS L1 L2	SS L1 L2	SS L1 L2 L4	
10 AM	AA L1	SS L1 L2	SS L1 L2	SS L1 L2	SS L1 L2 HF L4	SS L1 L2 L4	
11 AM	AA L1	SS L1 L2	SS L1 L2	SS L1 L2	SS L1 L2 HF L4	SS L1 L2 L4	
12 PM		SS L1 L2	SS L1 L2	SS L1 L2 AC L4		SS L1 L4	
1 PM							
2 PM							
3 PM							
4 PM	SS L3 L4	SS L3 L4	SS L3 L4	SS L3 L4			
5 PM	SS L3 L4	SS L3 L4	SS L3 L4	SS L3 L4			
6 PM	SS L3 L4 AC L1	SS L3 L4	SS L3 L4 AA L1 L2	SS L3 L4			
7 PM	SS L3 L4 AC L1	SS L3 L4	AA L1 L2	SS L3 L4			
8 PM							

- SS Swim School
- AC Aqua Cycle
- AA Aqua Aerobics
- HF HydroFunc Fitness

- L1 Lane 1
- L2 Lane 2
- L3 Lane 3
- L4 Lane 4

*Swim school schedule is set for Victorian school terms.

*Times + pool availability is subject to change.

*Please be advised 1 lap lane and 1 general lane are available during swimming lesson times.