## TERM POOL TIMETABLE

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>AU TRIATHLON 7:15-8am</td>
<td>FACULTY USE 9am-12pm</td>
<td>GENERAL SWIM 12-2pm</td>
<td>FACULTY USE 2-4pm</td>
<td>CARNEGIE SWIM ACADEMY</td>
<td>JUNIORS TRIATHLON 8:15-10am</td>
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<tr>
<td></td>
<td>LENGTH SWIM 8-9am</td>
<td>FACULTY USE 9am-12pm</td>
<td>GENERAL SWIM 12-2pm</td>
<td>FACULTY USE 2-5pm</td>
<td>GENERAL SWIM ACADEMY 4-6pm</td>
<td>CARNEGIE SWIM ACADEMY 9-1:30pm</td>
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<td></td>
<td>FACULTY USE 9am-12pm</td>
<td>FACULTY USE 9am-12pm</td>
<td>CLOSED 2-3pm</td>
<td>FACULTY USE 2-5pm</td>
<td>AU WATERPOLO 3-5pm</td>
<td>LENGTH SWIM 2-3pm</td>
<td></td>
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<tr>
<td></td>
<td>GENERAL SWIM 12-2pm</td>
<td>FACULTY USE 9am-12pm</td>
<td>FACULTY USE 2-5pm</td>
<td>FACULTY USE 2-5pm</td>
<td>GENERAL SWIM 5-7pm</td>
<td>FAMILY SWIM 3-4pm</td>
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<td>AU SWIMMING 6-8pm</td>
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</tbody>
</table>

- **Term Pool Timetable**
- **AU TRIATHLON**: 7:15-8am
- **LENGTH SWIM**: 8-9am
- **FACULTY USE**: 9am-12pm, 2-4pm, 2-5pm
- **GENERAL SWIM**: 12-2pm, 5-7pm
- **CARNEGIE SWIM ACADEMY**: 4-6pm, 4-8pm
- **AU WATERPOLO**: 7-9pm, 8:30-10pm
- **AU SWIMMING**: 7-9pm, 8-10pm
- **GENERAL SWIM**: 6-8pm
- **FAMILY SWIM**: 3-4pm, 2-3pm
- **LENGTH SWIM**: 2-3pm
- **ACTIVE DATES**: Monday to Sunday
**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.

### 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

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

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