

Swimmerz Academy - Program Pool Availability

19 Wurrook Circuit, Caringbah

		Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
		L1	L2	L3	L4	L1	L2	L3	L4	L1	L2	L3	L4	L1	L2	L3	L4	L1	L2	L3	L4	L1	L2	L3	L4	L1	L2	L3	L4
AM	5:00																												
	5:30																												
	6:00																												
	6:30																												
	7:00	Free 5:30-1:00				Free 5:30-10:30				Free 5:30-11:30				Free 5:30-10:30				Free 5:30-1:00				Free 7:00-1:00							
	7:30																												
	8:00																												
	8:30																												
	9:00																												
	9:30																												
PM	10:00																												
	10:30																												
	11:00																												
	11:30																												
	12:00																												
	12:30																												
	1:00																												
	1:30	Aqua				Gentle Exercise				Aqua				Booked				Gentle Exercise											
	2:00																												
	2:30	Free 2:00 -3:30				Booked				Free 2:00-3:30				Free 2:00-3:30				Free 2:00-3:30				Free 2:00-3:30							
	3:00																												
	3:30																												
	4:00																												
	4:30																												
	5:00																												
	5:30																												
	6:00																												
	6:30	Free 6:00-6:30				Aqua				Free 6:00-7:00				Free 6:00-7:00				Free 6:00-7:00											
7:00																													