# THE GALLEON

## SWIMMING TIMETABLE 12th-19th October

### MONDAY

| TIME | | Activity 1 | Activity 2 |
|---|---|---|---|
| 6.45am | 9.30am | Public* | |
| 9.45am | 11.15am | Public** | |
| 11.30am | 1.15pm | Public* | |
| 1.30pm | 3.00pm | Public* | |
| 3.30pm | 5.00pm | Public* | Lessons |
| 5.00pm | 7.00pm | Public* | Lessons |
| 7.00pm | 8.00pm | Adults Only | |
| 8.00pm | 9.00pm | KASC | Adults Only |
| 9.00pm | 10.00pm | KASC | Sub Aqua |

### TUESDAY

| TIME | | Activity 1 | Activity 2 |
|---|---|---|---|
| 6.30am | 9.00am | Public* | |
| 9.00am | 10.30am | Public** | |
| 10.45am | 12.00pm | Public* | |
| 12.15pm | 1.15pm | Public* | Aquatrim |
| 1.30pm | 3.00pm | Public* | |
| 3.30pm | 7.00pm | Public* | Lessons |
| 7.00pm | 9.30pm | KASC | |

### WEDNESDAY

| TIME | | Activity 1 | Activity 2 |
|---|---|---|---|
| 6.45am | 9.00am | Public* | |
| 9.15am | 11.30am | Public** | |
| 11.45am | 1.00pm | Public* | Aquatrim |
| 1.15pm | 3.00pm | Public* | |
| 3.30pm | 7.15pm | Public* | Lessons |
| 7.15pm | 8.00pm | Public* | |
| 8.00pm | 8.45pm | Public* | Aquatrim |

### THURSDAY

| TIME | | Activity 1 | Activity 2 |
|---|---|---|---|
| 6.30am | 8.00am | Public* | KASC |
| 8.15am | 10.15am | Public** | |
| 10.30am | 11.30am | Public* | Aquatrim |
| 11.45am | 1.15pm | Public* | |
| 1.30pm | 3.00pm | Public* | |
| 3.30pm | 5.45pm | Public* | Lessons |
| 6.00pm | 8.00pm | KASL | |
| 8.00pm | 9.45pm | KASC | |

### FRIDAY

| TIME | | Activity 1 | Activity 2 |
|---|---|---|---|
| 6.45am | 9.00am | Public* | |
| 9.00am | 10.15am | Public** | |
| 10.30am | 11.30am | Public* | |
| 11.45am | 12.50pm | Public* | Aquatrim |
| 1.00pm | 3.00pm | Public* | |
| 3.30pm | 7.00pm | Public* | Lessons |
| 7.00pm | 9.00pm | Public* | |

### SATURDAY

| TIME | | Activity 1 | Activity 2 |
|---|---|---|---|
| 6.45am | 8.30am | Public | KASC |
| 8.30am | 1.00pm | Public | Lessons |
| 1.15pm | 2.45pm | Public* | |
| 3.00pm | 4.30pm | Public* | |
| 4.45pm | 6.15pm | Public* | |

### SUNDAY

| TIME | | Activity 1 | Activity 2 |
|---|---|---|---|
| 8.30am | 1.00pm | Public | Lessons |
| 1.00pm | 2.15pm | Public* | |
| 2.30pm | 3.30pm | Public* | |
| 3.45pm | 4.45pm | Lane Swimming | |
| 4.45pm | 5.45pm | Jets | |
| 6.00pm | 9.00pm | KASC | |

*Advance booking is required to guarantee a space.
** Summer of Sport bookable sessions.
Small pool unavailable during lessons. Contact reception for more info.

AYRSHIRE 360