THE GALLEON SWIMMING TIMETABLE

Tues 20th Oct - Sun 20th Dec

MONDAY

TIME		Activity 1	Activity 2
6.45am	9.30am	Public	
9.30am	11.30am	Public	Starfish Lessons
11.30am	3.30pm	Public	
3.30pm	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	12.30pm	Public	
12.30pm	1.15pm	Public	Aquatrim
1.15pm	4.00pm	Public	
4.00pm	6.45pm	Public	Lessons
7.00pm	9.30pm	KASC	

WEDNESDAY

TIME		Activity 1	Activity 2
6.45am	11.00am	Public	
11.00am	11.45am	Public	Aquatrim
11.45am	4.00pm	Public	
4.00pm	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
8.00am	10.30am	Public	
10.30am	11.15am	Public	Aquatrim
11.15am	3.45pm	Public	
3.45pm	5.45pm	Public	Lessons
6.00pm	8.00pm	KASL	
8.00pm	9.45pm	KASC	

FRIDAY

TIME		Activity 1	Activity 2
6.45am	9.30am	Public	
9.30am	11.30am	Public	Starfish Lessons
11.30am	12.05pm	Public	
12.05pm	12.50pm	Public	Aquatrim
12.50pm	3.30pm	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.
Small pool unavailable during lessons. Contact reception for more info.

AYRSHIRE 360