

Aquamoves Aquatic Timetable

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.00-8.00am	Swim Club	Aussie Masters	Swim Club	Aussie Masters	Swim Club		
6.15am		Deep Water Running	Tri Club	Deep Water Running	Tri Club		
7.00-8.30am						Aussie Masters	
9.00am	Aqua Arthritic	Deep Water Running	Aqua Hi-Lo	Aqua Hi-Lo	Deep Water Running		
9.30am			Aqua Arthritic				Aqua Hi-Lo
9.00am-12pm	Swimming Lessons						
10.30am	Aqua Arthritic		Aqua Arthritic		Yoga-Aqua Arthritic		
3.30-7.00pm	Swimming Lessons						
4.00-5.00pm	Squad/Transition Squad	Swim Club		Swim Club	Teenager		
4.30-6.30pm	Swim Club	Swim Club	Transition Squad	Swim Club	Bronze Star		
5.30-6.30pm	Squad	Squad		Swim Club	Squad		
6.30-7.00pm	Adult Beginner	Swim Club	Adult Advanced	Adult Intermediate	Bronze Cross		
6.30-8.00pm	Teenager		Teenager				
7.00pm	Adult Beginner	Adult Beginner	Tri Club				

Two lanes in the 25m pool are always available to the general public, with a minimum one lane always reserved for lap swimming.

In the 25m pool, recreational swimming is encouraged outside of peak times. The best times for recreational swimming include:

- 6.00am to 9.00am and 12.00pm to 3.00pm weekdays
- 1.00pm to 5.00pm Saturdays
- 11.30am to 5.00pm Sunday

Lanes are also utilised for Learn to Swim and on weekdays for School Swimming Lessons.

For more details on lane space availability and bookings, please phone Customer Service on **5832 9400**.

www.aquamoves.com.au

Aquamoves is proudly provided by Greater Shepparton City Council.