

Johnstone Swimming Pool

Pool Restriction Timetable

Valid from February 2010 to May 2010

Please note that days, times and sessions are subject to change at any time and during school holidays.
Full pool available during normal opening hours outwith the restrictions indentified below.

Day	Time	Activity	Restriction
Monday	10am – 11am	Aqua Aerobics	Shallow end roped off, loud music
	11am – 11.30am	Special needs Aqua Aerobics	
	3.30pm – 5.30pm	Swimming Lessons	Pool closed
	5.30pm – 7.30pm	REN96 Swim Club	Pool closed
Tuesday	8.30pm – 9.30pm	Adults Only	No Juniors allowed
	10.30am – 11.30am	Adult Training Group	Shallow end roped off
	3.30pm – 6.00pm	Swimming Lessons	Shallow end roped off
	8.00pm – 8.30pm	Adults Only	No Juniors allowed
	8.30pm – 9.30pm	Sub Aqua Club	Pool closed
Wednesday	9.45am – 10.30am	Aqua Aerobics	Shallow end roped off, loud music
	10.30am -11.30am	Adult Training Group	Shallow end roped off
	3.30pm – 5.30pm	Swimming Lessons	Shallow end and half of pool available
	8.00pm – 8.30pm 8.30pm – 9.30pm	Adults only Ladies only	No Juniors allowed No Men or Juniors allowed
Thursday	9.00am - 10.00am	School Swimming Lessons	Half of Main pool used
	3.30pm – 5.30pm	Swimming Lessons	Shallow end of pool and half of pool available
	7.30pm – 8.30pm 8.00pm – 9.30pm	Aqua Aerobics Adults only	Shallow end of pool roped off, loud music No Juniors allowed
	2pm – 3pm	Staff Training	2 x Lanes unavailable
Friday	3.30pm – 5.30pm	Swimming Lessons	Shallow end roped off
	8.00pm – 9.30pm	Canoe Club	Pool Closed
	10am – 12.30pm	Swimming Lessons	Shallow end roped off
Saturday	2.00pm – 3.00pm	Fun Session	4 x Lanes unavailable
	12.30pm – 4.00pm	Swimming Lessons	Shallow end roped off/Teaching pool also used