

LANE SCHEDULE AT 3/F SWIMMING POOL

YEAR ROUND 三樓游泳池課堂時間表

		AM											PM																																													
		7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	11.45	12	12.30	12.45	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	5.45	6	6.30	6.45	7	7.30	8	8.30	9	9.30																							
MONDAY 星期一	LANE 水線	1	Lap Swimming																																																							
		2	Lap Swimming																																																							
		3	Lap Swimming					Recreational Swimming						Lap Swimming										Recreational Swimming					Lap Swimming																													
		4	Recreational Swimming						Water Aerobics only (10 - 11.30 am)					Recreational Swimming										Swimming Lessons only (2.30 - 4.30 pm)					Swimming Lessons only (4.30 - 5.45 pm)					Swimming Lessons only (5.45 - 6.45 pm)					Recreational Swimming																			
		5																																																								
		6																																																								
TUESDAY 星期二	LANE 水線	1	Lap Swimming																																																							
		2	Lap Swimming																																																							
		3	Lap Swimming																Swimming Lessons only (3.30 - 4.30 pm)					Recreational Swimming					Lap Swimming																													
		4	Recreational Swimming																Swimming Lessons only (3.30 - 4.30 pm)					Swimming Lessons only (4.30 - 6.45 pm)					Recreational Swimming																													
		5																																																								
		6																																																								
WEDNESDAY 星期三	LANE 水線	1	Lap Swimming																																																							
		2	Lap Swimming																																																							
		3	Lap Swimming																Swimming Lessons only (2.30 - 4.30 pm)					Recreational Swimming					Lap Swimming																													
		4	Recreational Swimming						Swimming Lessons only (2.30 - 4.30 pm)										Swimming Lessons only (4.30 - 5.45 pm)					Swimming Lessons only (5.45 - 6.45 pm)					Recreational Swimming																													
		5																																																								
		6																																																								
THURSDAY 星期四	LANE 水線	1	Lap Swimming																																																							
		2	Lap Swimming																																																							
		3	Lap Swimming																Swimming Lessons only (3.30 - 4.30 pm)					Recreational Swimming					Lap Swimming																													
		4	Recreational Swimming																Swimming Lessons only (3.30 - 4.30 pm)					Swimming Lessons only (4.30 - 6.45 pm)					Recreational Swimming																													
		5																																																								
		6																																																								
FRIDAY 星期五	LANE 水線	1	Lap Swimming																																																							
		2	Lap Swimming																																																							
		3	Lap Swimming					Recreational Swimming						Lap Swimming										Recreational Swimming					Lap Swimming																													
		4	Recreational Swimming						Water Aerobics only (10 - 11.30 am)					Recreational Swimming										Swimming Lessons only (3.30 - 4.30 pm)					Swimming Lessons only (4.30 - 5.45 pm)					Swimming Lessons only (5.45 - 6.45 pm)					Recreational Swimming																			
		5																																																								
		6																																																								
SATURDAY 星期六	LANE 水線	1	Lap Swimming																																																							
		2	Lap Swimming																																																							
		3	Lap Swimming		Swimming Lessons only (8 - 11.45 am)								Recreational Swimming		Swimming Lessons only (11.45 - 12.45 pm)										Swimming Lessons only (12.45 - 6 pm)					Lap Swimming																												
		4	Recreational Swimming		Swimming Lessons only (8 - 11.45 am)								Swimming Lessons only (11.45 - 12.45 pm)		Recreational Swimming										Swimming Lessons only (12.45 - 6 pm)					Recreational Swimming																												
		5																																																								
		6																																																								
SUNDAY/ PUBLIC HOLIDAYS 星期日 / 公眾假期	LANE 水線	1	Lap Swimming																																																							
		2	Lap Swimming																																																							
		3	Lap Swimming																																																							
		4	Recreational Swimming																																																							
		5																																																								
		6																																																								