



OPENING TIMES

Issue 03 (JUNE 2018)

WEEKDAYS		06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00
Monday	07:00AM - 22:00PM																
	07:00AM - 22:00PM																
Tuesday	07:00AM - 22:00PM																
	**07:00AM - 16:00PM																
Wednesday	07:00AM - 22:00PM																
	07:00AM - 22:00PM																
Thursday	*10:00AM - 22:00PM																
	*10:00AM - 22:00PM																
Friday	07:00AM - 22:00PM																
	07:00AM - 21:00PM																
WEEKENDS		06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00
Saturday	09:00AM - 17:00PM																
	09:00AM - 17:00PM																
Sunday	09:00AM - 21:00PM																
	09:00AM - 21:00PM																

* PLEASE NOTE - THURSDAY MORNINGS THE FACILITY DOES NOT OPEN TILL 10:00AM DUE TO STAFF TRAINING.
 **NO PUBLIC SWIMMING TUESDAY EVENINGS AFTER 4PM

WHATS AVAILABLE?

SWIMMING LESSONS	EVERY MONDAY, TUESDAY, WEDNESDAY, FRIDAY & SUNDAY	ASK RECEPTION FOR DETAILS AND AVAILABILITY
GYMNASTIC LESSONS	EVERY MONDAY, THURSDAY & SUNDAY	ASK RECEPTION FOR DETAILS AND AVAILABILITY
FOOTBALL COACHING	EVERY WEDNESDAY & SATURDAY	ASK RECEPTION FOR DETAILS AND AVAILABILITY





TOLLCROSS INTERNATIONAL SWIMMING CENTRE POOL TIMETABLE

The Pool Timetable outlines the lane availability for 25m lane swimming, 50m lane swimming and leisure swimming within the Teaching Pool.

Monday 9.45am - 10.45am	AQUA FIT CLASSES Wednesday 10.00am - 11.00am	Friday 10.00am - 11.00am
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KEY	3 Number of lanes	 Lane Swimming	 Leisure Swimming	 Closed
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Please note, There may be lane swimming available in the Lower 25m pool, please ask our reception and pool staff who will be happy to accommodate if possible. (V2 June 2018)

WEEKDAYS

	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00																	
Monday	25m Lane swim			3	3	3	3	3	3	3	3	3	3	3																		
	50m Lane swim	4	7	7	7	7	8	8	8	8	8	8	8	8	7	7	7	7	8	8	8	8										
	Teaching Pool																															
Tuesday	25m Lane swim				6	6	6	6	6	6	6	6	6	6	6																	
	50m Lane swim	4	7	7	7	7	8	8	8	8	8	8	8	8	8	7	7	7	7	8												
	Teaching Pool																															
Wednesday	25m Lane swim																															
	50m Lane swim																															
	Teaching Pool																															
Thursday	25m Lane swim																															
	50m Lane swim																															
	Teaching Pool																															
Friday	25m Lane swim																															
	50m Lane swim	4	8	8	8	8	8	8	8	6	6	6	8	8	8	8	8	8	4	4	4	4	2	2	2	4*	4*	2	2	8		
	Teaching Pool																															
Saturday	25m Lane swim																															
	50m Lane swim																															
	Teaching Pool																															
Sunday	25m Lane swim																															
	50m Lane swim																															
	Teaching Pool																															

We reserve the right to amend/restrict availability. Wherever possible, we will do this providing advanced notification however it is sometimes necessary to make short notice changes for operational reasons. Please download the Glasgow Club App to receive updates and view the Pool Timetable or speak to reception, who will outline any planned alterations. 50m Long Course: Please note on Saturday's, Sunday's, Monday's and Tuesday's the Main Competition pool will be configured to 50meters, family swimming is available in the Teaching Pool. *No deep water swimming on Thursday 7.30pm-9.00pm & Friday 6.30pm-7.30pm Lanes will be available in the lower section of the main pool

