

13th August - 8th October 2017

	6.30am	9am	10am	11am	12pm	12.30pm	4pm	6.30pm	7.30pm	8.30pm-9.30pm				
Monday Main Pool	Early Birds	Active For Life	School use		Schools - shared use **			4 lanes adults only	Aqua Zumba	Murderball				
Small Pool							Junior Group Swimming Lessons							
Tuesday Main Pool	Otters	Early Birds	Staff Training	Aqua Aerobics			Rookie - shared use	Oban Lifesavers Club from 29th August		Ladies Only swim				
Small Pool					Schools - shared use **			Oban Lifesavers Club from 29th August						
Wednesday Main Pool	6.30am	10am			1pm	2pm	2.45pm	3pm	4pm	5.30pm	6pm	6.30	7.30pm	8.30pm
Small Pool						Junior Group Lessons			Junior Group Lessons 4-6.30pm					
Thursday Main Pool	6.30am	10am			1pm	1.30pm	2.30pm	4pm	5pm	7pm	9.30pm			
Small Pool					Junior Group Lessons	Staff Training		Junior Group Lessons	Oban Otters ASC					
Friday Main Pool	6.30am	9am - 10am	10.15am	11am	12pm	12.30pm	1.30pm	2.30pm	4pm	5pm	6pm	7.30pm		
Small Pool							Junior Group							
Saturday Main Pool	9am	Junior Group Lessons		12.45pm	1.45pm	2pm	4pm	5.30pm	Family Session - See below					
Small Pool			Junior Group Lessons	Pool Party Time										
Sunday Main Pool	9am					2pm	4pm	5pm - 6pm	Oban Otters ASC					
Small Pool														

	Public swimming		Atlantis sessions-pools closed
	Clubs & schools		Pools closed

Red Times indicate opening and closing time.

Please refer to notice board at Wet Change, Website calendar, Facebook and telephone system for any changes to programme.

Please check all of the above for pool party closure on Saturdays

We also hold regular Sea Survival Courses in the Main Pool on a Wednesday afternoon. Please check as above before attending the Centre

** Shared use - some schools do not require the whole pool due to a small number of pupils.

Family Session - For Family Fun. No Lane swimming from 2pm - 4pm

