

timetable

from 4 january 2012

the pool@ise

weekdays

day/time	0700 - 0900	0900 - 1000	1000 - 1100	1100 - 1200	1200 - 1400
mon	LS*	H/H	H/H	GS	LS
tues	LS*	CLD	SA	SA	LS
wed	LS*	CLD	H/H	GS	LS
thurs	LS*	CLD	H/H	SA	LS
fri	LS*	CLD	H/H	GS	LS

day/time	1400 - 1600	1605 - 1715	1715 - 1830	1830 - 1930	1930 - 2130
mon	H/H	SC	LS	LS*	CLD from 2000
tues	CLD	SC	LS	SF	H/H
wed	H/H	SC	LS	LS	CLD
thurs	H/H	SC	LS	LS	CLD
fri	CLD	SC	LS	LS	CLD

monday evenings - only 3 lanes between 1900 - 2000

weekend

day/time	0900 - 1000	1000 - 1030	1030 - 1130	1130 - 1230	1230 - 1300	1300 - 1500	1500 - 1730
sat	LS	SC	SC	FF	CLD	H/H	LS** from 1530
sun	LS	SC	FF	FF	CLD	H/H	CLD

sauna timetable

monday - friday 8am - 9pm
saturday & sunday 10am - 5pm

the sauna is included in the price of your swim. all bookings must be made at least 1 hour in advance. the sauna will not be switched on if advanced bookings are not made. it is closed during swim courses and when the pool is closed, except mon, wed, thur and fri evening from 1930 when it remains open. please note the sauna is not recommended for children under 12 years. children under 16 years must be accompanied by an adult.

swim courses

please check our current swim courses application form for details of dates and prices.

pt@pool

private lessons are available. please complete an enquiry form and hand it in to reception.

pool@ise key

SA • Senior Aquanastics

SC • Swim Courses

SF • Swimfit

FF • Family Fun

LS • Lane Swimming

four lanes provided. choose one according to your speed and follow the direction markers.

* 3 lanes only

** 2 lanes only

H/H • Half & Half

two lanes are set up and the rest of the pool is available for GS.

GS •

General Swimming

no lanes. pool is open to all swimming.

CLD • Closed

the pool is closed for club sessions or staff training.

at any time the lifeguard may change the advertised provision if safety considerations need to be addressed.

check the screens in pool and ise reception for additional lane swimming times we are able to offer when the pool would normally be closed.

www.dundee.ac.uk/ise

also visit our facebook page www.facebook.com/#!/isedundee