

Lane Schedule at 3/F Swimming Pool 三樓游泳池課堂時間表

YEAR ROUND (effective April 01, 2021)

星期 Time	Monday 星期一						Tuesday 星期二						Wednesday 星期三						Thursday 星期四						Friday 星期五						Saturday 星期六						Sunday 星期日											
	Lane 水線						Lane 水線						Lane 水線						Lane 水線						Lane 水線						Lane 水線																	
Day	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6						
7:00am	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming											
7:30am	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
8:00am	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
8:30am	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
9:00am	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
9:30am	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
10:00am	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
10:30am	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
11:00am	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
11:30am	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
11:45am	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
12:00pm	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
12:30pm	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
12:45pm	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
1:00pm	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
1:30pm	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
2:00pm	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
2:30pm	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
3:00pm	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
3:30pm	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
4:00pm	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
4:30pm	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
5:00pm	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
5:30pm	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
6:00pm	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
6:30pm	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
6:45pm	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
7:00pm	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
7:30pm	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
8:00pm	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
8:30pm	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
9:00pm	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					
9:30pm	Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming						Lap Swimming					