



# RASHTROTTHANA AQUATIC CENTRE

Powered by  SCOOLED

Programs curated & trained by international swimmers and experts

Open hours: 6am to 10 pm

Monday - HOLIDAY

Contact: 9513076178 / 7975344715

[www.rashtrottthana.org](http://www.rashtrottthana.org) | [www.scooled.in](http://www.scooled.in)

Pool Location:

Rashtrottthana Arogya Sankeerna  
Kundalahalli, 6th Main, E block  
AECS Layout, Bengaluru- 560 037

Pool Schedule	WEEKDAY BATCH				WEEKEND BATCH	
	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
7-8 AM	Adults Coaching	Adults Coaching	Adults Coaching	Adults Coaching	Public Swim	Public Swim
8-9 AM	Adults Coaching	Adults Coaching	Adults Coaching	Adults Coaching	Kids (7-15 yrs) Coaching	Kids (7-15 yrs) Coaching
9-10 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Kids (7-15 yrs) Coaching	Kids (7-15 yrs) Coaching
10-11 AM	Public Swim	Public Swim	Public Swim	Public Swim	Adults Coaching	Adults Coaching
11-12 PM	Ladies Coaching	Ladies Coaching	Ladies Coaching	Ladies Coaching	Ladies Coaching	Ladies Coaching
12-1 PM	Public Swim	Public Swim	Public Swim	Public Swim	Toddlers Coaching (12-12:45 PM)	Toddlers Coaching (12-12:45 PM)
1-2 PM	MAINTENANCE				Public Swim	Public Swim
3:30-4:30 PM	Kids U-6 Coaching	Kids U-6 Coaching	Kids U-6 Coaching	Kids U-6 Coaching	Kids U-6 Coaching	Kids U-6 Coaching
4:30-5:30 PM	Kids (6-10yrs) Coaching	Kids (6-10yrs) Coaching	Kids (6-10yrs) Coaching	Kids (6-10yrs) Coaching	Kids (6-10yrs) Coaching 4:30-5:30 PM	Kids (6-10yrs) Coaching 4:30-5:30 PM
5:15-6:15 PM	Kids (11-15yrs) Coaching (L1/L2)	Kids (11-15yrs) Coaching (L1/L2)	Kids (11-15yrs) Coaching (L1/L2)	Kids (11-15yrs) Coaching (L1/L2)	Kids (11-15yrs) Coaching 5:30-6:30 PM	Kids (11-15yrs) Coaching 5:30-6:30 PM
6-7 PM	Kids (7-15yrs) Coaching L3	Kids (7-15yrs) Coaching L3	Kids (7-15yrs) Coaching L3	Kids (7-15yrs) Coaching L3	Public Swim (6:30-7:30 PM)	Public Swim (6:30-7:30 PM)
7-8 PM	Adults Coaching	Adults Coaching	Adults Coaching	Adults Coaching		
8-9 PM	Adults Coaching	Adults Coaching	Adults Coaching	Adults Coaching		
9-10 PM	Public Swim	Public Swim	Public Swim	Public Swim		