

AOC- SWIMMING AND GYM TIME

MALE Time (Swimming and Gym)

1. Working Day (except Monday) - 0630-0930
- 1700-2100
2. Friday and Saturday - 0630-0830
- 1700-2100

Female Time

3. Swimming

- a. Working Day (except Monday) - 1000-1330
- 1500-1630
- b. Friday and Saturday - 1500-0630

4. Gym

- a. All Day (except Monday) - 0630 - 0930
- 1700-2100

Family Time (Swimming and Gym)

5. Friday and Saturday - 0900 - 1200

Note

Lunch Break : 1330-1500

Instructions:

1. Facilities of AOC will be closed on Monday for maintenance
2. Parents must accompany children below 12 yrs.
3. All type of Photo and Video is prohibited at Swimming Pool.
4. Tk 100 Charge is applies for guest.
5. Runner and support staff are prohibited at Swimming pool and gym.
6. Family Time is Permissible for father –mother-children, father-children and mother-children.
7. Family Time is not Permissible for father/officer, mother / spouse of officer and only children.

AOC- BOWLING TIME

1. Working Day (except Monday) - 1500-2100
2. Friday - 0900-1200
- 1500-2100
3. Friday - 0900-1400
- 1500-2100