

# LEISURE POOL

## MORNING TIMETABLE

16th - 22nd March  
2026

	6:00 - 6:30	7:00 - 7:30	8:00 - 8:30	9:00 - 9:30	10:00 - 10:30	11:00 - 11:30	12:00 - 12:30
MONDAY				GO swim 9:15 - 11:45			
				Gentle Aqua 9:15 - 10:00		Gentle Aqua 11:45 - 12:30	
TUESDAY		Cardio Aqua 6:30 - 7:15		GO swim 9:00 - 12:30			
WEDNESDAY				GO swim 9:15 - 11:45			
				Gentle Aqua 9:15 - 10:00		Gentle Aqua 11:45 - 12:30	
THURSDAY		Aqua Boot Camp 6:30 - 7:15		GO swim 9:00 - 11:30			
FRIDAY				GO swim 9:15 - 12:15			
				Gentle Aqua 9:15 - 10:00		Gentle Aqua 11:45 - 12:30	
SATURDAY	CENTRE CLOSED			GO swim 8:15 - 12:15			
SUNDAY	CENTRE CLOSED						

- Please call to ensure that there is pool space if you require it
- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change.

Opening Times  
Mon-Thu: 6am - 8pm  
Fri: 6am - 7pm  
Sat-Sun: 8am - 3pm



# LEISURE POOL

## AFTERNOON TIMETABLE

16th - 22nd March  
2026

	12:00 - 12:30	1:00 - 1:30	2:00 - 2:30	3:00 - 3:30	4:00 - 4:30	5:00 - 5:30	6:00 - 6:30	7:00 - 7:30	8:00
<b>MONDAY</b>	Gentle Aqua							Cardio Aqua 6:30 - 7:15	
		DECS 12:00 - 3:00			GO swim 3:15 - 6:30				
<b>TUESDAY</b>	GO swim							Aqua Movers 6:00 - 6:30	
		DECS 12:00 - 3:00			GO swim 3:15 - 6:30				
<b>WEDNESDAY</b>	Gentle Aqua								
		DECS 12:00 - 2:30			GO swim 3:15 - 6:30				
<b>THURSDAY</b>								Cardio Aqua 6:30 - 7:15	
		DECS 12:00 - 3:00			GO swim 3:15 - 6:30				
<b>FRIDAY</b>	GO swim								
	Gentle Aqua								
		DECS 12:00 - 2:15							
<b>SATURDAY</b>	GO swim				<b>CENTRE CLOSED</b>				
<b>SUNDAY</b>									

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Opening Times  
 Mon-Thu: 6am - 8pm  
 Fri: 6am - 7pm  
 Sat-Sun: 8am - 3pm



# LAP POOL

## MORNING TIMETABLE

16th - 22nd March  
2026

	6:00 - 6:30	7:00 - 7:30	8:00 - 8:30	9:00 - 9:30	10:00 - 10:30	11:00 - 11:30	12:00 - 12:30
MONDAY	<b>SQUAD</b> 6:00 - 7:45 (2 Lanes)		<b>Deep Aqua</b> 8:30 - 9:15 (4 Lanes)				
TUESDAY		<b>SQUAD</b> 7:00 - 7:45 (3 Lanes)					
WEDNESDAY	<b>SQUAD</b> 6:00 - 7:45 (2 Lanes)		<b>Deep Aqua</b> 8:30 - 9:15 (4 Lanes)				
THURSDAY		<b>SQUAD</b> 6:30 - 7:30 (2 Lanes)					
FRIDAY	<b>SQUAD</b> 6:00 - 7:45 (4 Lanes)		<b>Deep Aqua</b> 8:30 - 9:15 (4 Lanes)		9:00- 2:30 No Lane Availability <b>Faith Lutheran Junior Swimming Carnival</b>		
SATURDAY	<b>CENTRE CLOSED</b>				<b>GO swim</b> 8:45 - 12:15 (1 Lane)		
SUNDAY	<b>CENTRE CLOSED</b>				<b>SQUAD</b> 9:45 - 11:30 (3 Lanes)		

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Fri: 6am - 7pm  
Sat-Sun: 8am - 3pm



# LAP POOL

## AFTERNOON TIMETABLE

16th - 22nd March  
2026

	12:00 - 12:30	1:00 - 1:30	2:00 - 2:30	3:00 - 3:30	4:00 - 4:30	5:00 - 5:30	6:00 - 6:30	7:00 - 7:30	8:00
MONDAY					<b>SQUAD</b> 3:45 - 6:30 3:45 - 4:15 (1 Lane) 4:15 - 5:15 (2 Lanes) 5:15 - 6:30 (3 Lanes)				
TUESDAY					<b>SQUAD</b> 4:00 - 6:30 4:00 - 4:30 (1 Lane) 4:30 - 5:30 (2 Lanes)		<b>Masters</b> 5:30 - 6:30 (3 Lanes)		
WEDNESDAY					<b>SQUAD</b> 4:00 - 5:30 4:00 - 4:30 (1 Lane) 4:30 - 5:30 (2 Lanes)				
THURSDAY					<b>SQUAD</b> 4:00 - 6:00 4:00 - 4:30 (2 Lane) 4:30 - 6:00 (3 Lanes)				
FRIDAY	<b>Faith Lutheran Junior Swimming Carnival</b> 9:00- 2:30 No Lane Availability								
SATURDAY	<b>GO swim</b>				<b>CENTRE CLOSED</b>				
SUNDAY					<b>CENTRE CLOSED</b>				

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