

LEISURE POOL

MORNING TIMETABLE

8th September–
14th September 2025

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|---------|---------------------------------|---------------------------------------|---------------------------------|---|---------------------------------|----------------------------|--------|
| AQUATICS | 6:00am | | 6.30am-7.15am Cardio Aqua 45min | | 6.30am-7.15am Aqua Bootcamp 45min | | CLOSED | CLOSED |
| | 7:00am | | | | | | CLOSED | CLOSED |
| | 8:00am | | | | | | GOswim 8:30am – 12:00pm | |
| | 9:00am | Gentle Aqua 9:30am – 10:15am | GOswim 9:00am – 12:00pm | Gentle Aqua 9:30am – 10:15am | GOswim 9:00am – 12:00pm | Gentle Aqua 9:30am – 10:15am | | |
| | 10:00am | | | | | | | |
| | 11:00am | | | | | | | |
| | 12:00pm | | | | | | | |

- 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.

LEISURE POOL

AFTERNOON TIMETABLE

8th September –
14th September 2025

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|---------|---|---------------------------------------|---|---------------------------------------|---|----------|--------|
| AQUATICS | 12:00pm | 11.45am-12.30pm Gentle Aqua 45min | | 11.45am-12.30pm Gentle Aqua 45min | | 11.45am-12.30pm Gentle Aqua 45min | | |
| | 1:00pm | | | | | | | |
| | 2:00pm | DECS 12:30pm – 3:00pm | DECS 12:30pm – 3:00pm | DECS 12:30pm – 3:00pm | DECS 12:30pm – 3:00pm | DECS 12:30pm – 3:00pm | | |
| | 3:00pm | | | | | | CLOSED | CLOSED |
| | 4:00pm | | | | | | CLOSED | CLOSED |
| | 5:00pm | GOswim 3:30pm – 6:00pm | GOswim 3:30pm – 6:00pm | GOswim 3:30pm – 6:00pm | GOswim 3:30pm – 6:00pm | | CLOSED | CLOSED |
| | 6:00pm | | | | | | CLOSED | CLOSED |
| | 7:00pm | | 6.30pm-7.15pm Cardio Aqua 45min | | 6.30pm-7.15pm Cardio Aqua 45min | | CLOSED | CLOSED |
| | 8:00pm | | | | | CLOSED | CLOSED | CLOSED |

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LAP POOL

MORNING TIMETABLE

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14th September 2025

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|---------|--------------------------------------|------------------------------|--------------------------------------|----------|--------------------------------------|----------|--------|
| AQUATICS | 6:00am | | | | | | CLOSED | CLOSED |
| | 7:00am | SQUAD 2 Lanes 6.15-7.45am | SQUAD 2 Lanes 7-7.45am | SQUAD 3 Lanes 6.16-7.45am | | SQUAD 4 lanes 6.15-7.45am | CLOSED | CLOSED |
| | 8:00am | | | | | | | |
| | 9:00am | Deep Water 45 mins 8.30-9.15am | | Deep Water 45 mins 8.30-9.15am | | Deep Water 45 mins 8.30-9.15am | | |
| | 10:00am | | | | | | | |
| | 11:00am | | | | | | | |
| | 12:00m | | | | | | | |

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|----------|---------|---------------------------|--|---------------------------|---------------------------|---------------------------|----------|--------|
| AQUATICS | 12:00pm | | | | | | | |
| | 1:00pm | | | | | | | |
| | 2:00pm | | | | | | | |
| | 3:00pm | | | | | | | |
| | 4:00pm | Goswim 3:30pm – 6:30pm | SQUAD 1 – 3 Lanes 3.45-6.30pm | GOswim 3:30pm – 6:30pm | GOswim 3:30pm – 6:30pm | GOswim 3:30pm – 6:30pm | NO SQUAD | CLOSED |
| | 5:00pm | | | | | | | |
| | 6:00pm | | | | | | | |
| | 7:00pm | | | | | | | |
| | 8:00pm | | | | | | | |

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