

LEISURE POOL

MORNING TIMETABLE

1st September–
7th 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

1st September –
7th 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

1st September –
7th 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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LAP POOL

AFTERNOON TIMETABLE

1st September–
7th September 2025

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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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