

LEISURE POOL

MORNING TIMETABLE

14th - 20th September
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 (Deeper end of Leisure Pool Closed to public)		Gentle Aqua 11:45 - 12:30	
					Mount Pleasant 10:45 - 11:45	DECS 12:00 - 3:00	
TUESDAY		Cardio Aqua 6:30 - 7:15 (Deeper end of Leisure Pool Closed to public)		GO swim 9:00 - 12:30			
					Mount Pleasant 10:45 - 11:45		
						DECS 11:15 - 2:15	
WEDNESDAY				GO swim 9:15 - 11:45			
				Gentle Aqua 9:15 - 10:00 (Deeper end of Leisure Pool Closed to public)		Gentle Aqua 11:45 - 12:30	
					Mount Pleasant 10:45 - 11:45	DECS	
THURSDAY		Aqua Boot Camp 6:30 - 7:15 (Deeper end of Leisure Pool Closed to public)		GO swim 9:00 - 11:30			
					Mount Pleasant 10:45 - 11:45		
						DECS 11:00 - 3:00	
FRIDAY				GO swim 9:15 - 12:15			
				Gentle Aqua 9:15 - 10:00 (Deeper end of Leisure Pool Closed to public)		Gentle Aqua 11:45 - 12:30	
					Mount Pleasant 10:45 - 11:45		
SATURDAY	CENTRE CLOSED			GO swim 8:15 - 12:15 (Deeper end of Leisure Pool Closed to public)			
SUNDAY							

- 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

14th - 20th September
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	DECS 12:00 - 3:00							Cardio Aqua 6:30 - 7:15	
	Gentle Aqua (Deeper end of Leisure Pool Closed to public)			GO swim 3:15 - 6:30 (Deeper end of Leisure Pool Closed to public)					
TUESDAY	GO swim							Aqua Movers 6:00 - 6:30	
	DECS 11:15 - 2:15			GO swim 3:15 - 6:30 (Deeper end of Leisure Pool Closed to public)					
WEDNESDAY		DECS 12:45 - 3:00							
	Gentle Aqua (Deeper end of Leisure Pool Closed to public)			GO swim 3:15 - 6:30 (Deeper end of Leisure Pool Closed to public)					
THURSDAY	DECS 11:00 - 3:00							Cardio Aqua 6:30 - 7:15	
				GO swim 3:15 - 6:30 (Deeper end of Leisure Pool Closed to public)					
FRIDAY	GO swim								
	Gentle Aqua (Deeper end of Leisure Pool Closed to public)								
SATURDAY	GO swim (Deeper end of Leisure Pool Closed to public)				CENTRE CLOSED				
SUNDAY				CENTRE CLOSED					

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



LAP POOL

MORNING TIMETABLE

14th - 20th September
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	SQUAD 6:15 - 7:45 (2 Lanes)			Deep Aqua 8:30 - 9:15 (4 Lanes)			
				Mount Pleasant 9:45 - 10:45 (2 Lanes)			
TUESDAY	SQUAD 7:00 - 7:45 (3 Lanes)						
				Mount Pleasant 9:45 - 10:45 (2 Lanes)			
WEDNESDAY	SQUAD 6:00 - 7:45 (2 Lanes)			Deep Aqua 8:30 - 9:15 (4 Lanes)			
				Mount Pleasant 9:45 - 10:45 (2 Lanes)			
THURSDAY	SQUAD 6:30 - 7:30 (3 Lanes)						
				Mount Pleasant 9:45 - 10:45 (2 Lanes)			
FRIDAY	SQUAD 6:00 - 7:45 (4 Lanes)			Deep Aqua 8:30 - 9:15 (4 Lanes)			
				Mount Pleasant 9:45 - 10:45 (2 Lanes)			
SATURDAY	CENTRE CLOSED			GO swim 8:45 - 12:15 (1 Lane)			
				SQUAD 9:45 - 11:30 (3 Lanes)			
SUNDAY	CENTRE CLOSED						

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Sat-Sun: 8am - 3pm



LAP POOL

AFTERNOON TIMETABLE

14th - 20th September
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					SQUAD 3:45 - 6:30 3:45 - 4:15 (1 Lane) 4:15 - 5:15 (2 Lanes) 5:15 - 6:30 (3 Lanes)				
					GO swim 3:30 - 6:00 (2 Lanes)				
TUESDAY					SQUAD 4:00 - 6:30 4:00 - 4:30 (1 Lane) 4:30 - 5:30 (2 Lanes)		Masters 5:30 - 6:30 (3 Lanes)		
					GO swim 4:00 - 6:30 (2 Lanes)				
WEDNESDAY					SQUAD 4:00 - 5:30 4:00 - 4:30 (1 Lane) 4:30 - 5:30 (2 Lanes)				
					GO swim 4:00 - 7:00 (2 Lanes)				
THURSDAY					SQUAD 4:00 - 6:00 4:00 - 4:30 (2 Lane) 4:30 - 6:00 (3 Lanes)				
					GO swim 3:30 - 7:00 (2 Lanes)				
FRIDAY									
SATURDAY	GO swim			CENTRE CLOSED					
SUNDAY				CENTRE CLOSED					

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