

MARCH 2025 TIMETABLE

Monday

	15m	25m	Hydrotherapy
6am-9am	Public access - shared Swim School	Public access	Hydrotherapy
9am-11.30am	Swim School	Public access	Hydrotherapy
11.30am-12.30pm	Inclusive Splash	Public access	Hydrotherapy
12.30pm-1.30pm	U3A - Aqua Fitness	Public access	Hydrotherapy
1.30pm-2.30pm	Aquatic Wellness over 55's aqua fitness	Public access	Hydrotherapy
2.30pm-3pm	Public access - Hydrotherapy	Public access	Hydrotherapy
3pm-4pm	Swim School	Public access	Hydrotherapy
4pm-6pm	Swim School	Squad Swimming	Hydrotherapy

Tuesday

	15m	25m	Hydrotherapy
6am-8am	Public access - shared Swim School	Squad Swimming, shared space	Hydrotherapy
8am-11am	Swim School	Public access	Hydrotherapy
11am-12pm	Let's Move Lake Mac - Aqua Fitness	Public access	Hydrotherapy
12pm-1.30pm	Public access - Hydrotherapy	Public access	Hydrotherapy
1.30pm-2.30pm	U3A - Aqua Fitness	Public access	Hydrotherapy, Swim lessons
2.30pm-3pm	Public access - Hydrotherapy	Public access	Hydrotherapy, Swim lessons
3pm-4pm	Swim School	Public access	Hydrotherapy, Swim lessons
4pm-6pm	Swim School	Squad Swimming	Hydrotherapy, Swim lessons

Wednesday

	15m	25m	Hydrotherapy
6am-8am	Public access - shared Swim School	Public access	Hydrotherapy
8am-9.30am	Swim School	Public access	Hydrotherapy
9.30-12pm	Swim School	Public access	Hydrotherapy
12pm-1pm	Public access - Hydrotherapy CLOSED 26/3	Public access	Hydrotherapy
1pm-2pm	U3A - Aqua Fitness	Public access	Hydrotherapy
2pm-3pm	U3A - Aqua Fitness	Public access	Hydrotherapy
3pm-4pm	Swim School	Public access	Hydrotherapy
4pm-6pm	Swim School	Squad Swimming	Hydrotherapy

Thursday

	15m	25m	Hydrotherapy
6am-9am	Public access - shared Swim School	Public access	Hydrotherapy
9am-11am	Swim School	Public access	Hydrotherapy
11am-12noon	Aquatic Wellness over 55's Aqua Fitness 6/3 20/3 27/3	Public access	Hydrotherapy
11am-12noon	Inclusive Splash 13/3	Public access	Hydrotherapy
12noon-1pm	Let's Move Lake Mac - Aqua Fitness	Public access	Hydrotherapy, Swim lessons
1pm-2pm	Swim School - School booking	Public access	Hydrotherapy, Swim lessons
2pm-2.30pm	Public access - Hydrotherapy	Public access	Hydrotherapy, Swim lessons
2.30pm-3pm	Public access - shared Swim School	Public access	Hydrotherapy, Swim lessons
3pm-4pm	Swim School	Public access	Hydrotherapy, Swim lessons
4pm-6pm	Swim School	Squad Swimming	Hydrotherapy, Swim lessons
6pm-7pm	Let's Move Lake Mac - Aqua Fitness	CLOSED	CLOSED

PLEASE NOTE: THIS TIMETABLE IS SUBJECT TO CHANGE CALL OUR OFFICE TO CONFIRM AVAILABILITY - 4946 8522

MARCH 2025

Friday			
	15m	25m	Hydrotherapy
6am-8am	Public access - shared Swim School	Squad Swimming, shared space	Hydrotherapy
8am-9.30am	Swim School	Public access	Hydrotherapy
9.30am-11am	Swim School	Public access	Hydrotherapy
11am-12noon	Let's Move Lake Mac - Aqua Fitness	Public access	Hydrotherapy
12noon-1.15pm	Public access - Hydrotherapy	School group - shared space	Hydrotherapy
1.15pm-3pm	Public access - Hydrotherapy	Public access	Hydrotherapy
3pm-6pm	Swim School	Squad Swimming	Hydrotherapy
Saturday			
	15m	25m	Hydrotherapy
8am-12noon	Swim School	Squad Swimming, shared space	Swim School
12noon	CLOSED TO THE PUBLIC	CLOSED TO THE PUBLIC	CLOSED TO THE PUBLIC
12.15pm-1pm	Let's Move Lake Mac - Aqua Fitness	CLOSED TO THE PUBLIC	CLOSED TO THE PUBLIC
1.30pm-3.30pm	Pool party booking	Pool party booking	CLOSED TO THE PUBLIC
Sunday			
	15m	25m	Hydrotherapy
	CLOSED TO THE PUBLIC		CLOSED TO THE PUBLIC
11am-1pm	Pool party booking	Pool party booking	
1.30pm-3.30pm	Pool party booking	Pool party booking	

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