Valentine Hydrotherapy Pools Inc

Incorporating Valentine Heated Pools

NOVEMBER 2026 TIMETABLE

Monday

	15m	25m	Hydrotherapy
6am-9am	Public / Hydro 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	Public access	Hydrotherapy
1.30pm-2.30pm	Aquatic Wellness - over 55's aqua fitness	Public access	Hydrotherapy
2.30pm-3pm	Public / Hydro access - shared Swim School	Public access	Hydrotherapy
3pm-4pm	Swim School	Public access CLOSED 3.45pm	Hydrotherapy
4pm-6.30pm	Swim School	Squad Swimming	Hydrotherapy
6.30pm-8pm	Aquatic Wellness - over 55's aqua fitness (6.30-7.15)	Public access	CLOSED

Tuesday

	15m	25m	Hydrotherapy
6am-8am	Public / Hydro access - shared Swim School	Squad Swimming, shared space	Hydrotherapy
8am-9am	Swim School	Public access	Hydrotherapy
9am-11am	Swim School	Public access	Hydrotherapy
11.15am-12.15pm	Let's Move Lake Mac	Public access	Hydrotherapy
12.15pm-1.15pm	Public access - Hydrotherapy clients	Public access	Hydrotherapy
1.30pm-2.30pm	U3A	Public access	Hydrotherapy, Swim lessons
2.30pm-3pm	Public access - Hydrotherapy clients	Public access	Hydrotherapy, Swim lessons
3pm-4pm	Swim School	Public access	Hydrotherapy, Swim lessons
4pm-6.30pm	Swim School	Squad Swimming	Hydrotherapy, Swim lessons

Wednesday

	15m	25m	Hydrotherapy
6am-7.30am	Public / Hydro access - shared Swim School	Public access	Hydrotherapy
7.30am-9.30am	Swim School	Public access	Hydrotherapy
9.30am-11.30am	Swim School	Public access	Hydrotherapy
11.30am-1pm	School Booking	Public access	Hydrotherapy
1pm-2pm	U3A	Public access	Hydrotherapy
2pm-3pm	U3A	Public access	Hydrotherapy
3pm-4pm	Swim School	Public access CLOSED 3.45pm	Hydrotherapy
4pm-6pm	Swim School	Squad Swimming	Hydrotherapy
6.30pm-8pm	Aquatic Wellness - over 55's aqua fitness (6.30-7.15)	Public access	CLOSED

Thursday

	15m	25m	Hydrotherapy
6am-9am	Public / Hydro access - shared Swim School	Public access	Hydrotherapy
9am-11am	Swim School	Public access	Hydrotherapy
11am-12noon	Swim School	Public access CLOSED 12 Nov	Hydrotherapy
12noon-1pm	Let's Move Lake Mac	Public access	Hydrotherapy, Swim lessons
1pm-2pm	Aquatic Wellness - over 55's Aqua Fitness	Public access	Hydrotherapy, Swim lessons
2pm-3pm	Public / Hydro 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

NOVEMBER 2026

Friday

	15m	25m	Hydrotherapy
6am-7.30am	Public / Hydro access - shared Swim School	CLOSED	Hydrotherapy
7.30am-9am	Swim School	CLOSED 7.30am-8am	Hydrotherapy
9am-11am	Swim School	Public access	Hydrotherapy
11am-12noon	Let's Move Lake Mac	Public access	Hydrotherapy
12noon-1pm	Public access - Hydro clients CLOSED 27th Nov	CLOSED 6th/13th/20th	Hydrotherapy
1pm-2pm	Aquatic Wellness - over 55's Aqua Fitness	CLOSED	Hydrotherapy
2pm-3pm	Public / Hydro access - shared Swim School	Public access	Hydrotherapy
3pm-6pm	Swim School	Squad Swimming	Hydrotherapy
6.30pm-8pm	CLOSED	CLOSED	CLOSED

Saturday

	15m	25m	Hydrotherapy
8.00am-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	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	

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25M - SCHOOL BOOKING 3 LANES MONDAY 23RD - 27TH NOVEMBER 9.30AM-2.00PM