

15m Pool Timetable

(Swimming Lessons, Aqua Fitness and Adult Hydrotherapy)

March 2024

Pensioners \$7
Non Pensioners \$8

MONDAYS	6 am to 8 am - Hydrotherapy (Shared time with private swimming lessons) 8 am to 12.15pm - Swimming Lessons Only 12.15pm to 1.15pm - Private Hire U3A 1.30pm to 2.30pm - Private Hire YWCA 2.30 to 3pm - Maintenance 3pm to Close - Swimming Lessons Only
TUESDAYS	6 am to 8am - Hydrotherapy (Shared time with private swimming lessons) 8am to 11am - Swimming Lessons Only 11am to 11.45am - Aqua Fitness 11.45am to 1pm - Hydrotherapy 1pm to 2pm Private Hire U3A 2pm to 3pm Hydrotherapy 3pm to Close - Swimming Lessons Only
WEDNESDAYS	6 am to 8am - Hydrotherapy (Shared time with private swimming lessons) 8am to 12pm - Swimming Lessons Only 12pm to 1pm - Hydrotherapy 1pm to 3pm - Private Hire U3A 3pm to Close - Swimming Lessons
THURSDAYS	6 am to 8am - Hydrotherapy (Shared time with private swimming lessons) 8 am to 12pm - Swimming Lessons Only 12pm to 1pm - Aqua Fitness 1pm to 3pm - Hydrotherapy 3pm to Close - Swimming Lessons Only
FRIDAYS	6 am to 7:30am - Hydrotherapy (Shared time with private swimming lessons) 7:30am to 11:15am - Swimming Lessons Only 11:15am to 12pm - Aqua Fitness 12pm to 2:15pm - Private Hire Sports Groups - <u>check details at front counter</u> 2:15pm to 3pm - Hydrotherapy 3pm to Close - Swimming Lessons Only
SATURDAYS	8 am to 12.15pm - Swimming Lessons Only 12.15pm to 1pm - Aqua Fitness 1pm to Close - Private Pool Parties
SUNDAYS	CLOSED

Please note: Times may change with short notice so please check the whiteboard upon entry to this centre for notices.

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