

DECEMBER 2025 TIMETABLE

Monday

	15m	25m	Hydrotherapy
6am-9am	Public Hydrotherapy 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 1/12 8/12	Public access	Hydrotherapy
1.30pm-2.30pm	Aquatic Wellness over 55's aqua exercise	Public access	Hydrotherapy
2.30pm-3.30pm	Public Hydrotherapy access - shared swim school	Public access	Hydrotherapy
3.30pm-4pm	Swim School	Public access	Hydrotherapy
4pm-6pm	Swim School	Squad Swimming	Hydrotherapy

Tuesday

	15m	25m	Hydrotherapy
6am-8am	Public Hydrotherapy access - shared Swim School	Squad Swimming, shared space	Hydrotherapy
8am-9am	Swim School	Public access	Hydrotherapy
9am-11am	Swim School	Public access CLOSED 16/12	Hydrotherapy
11am-12pm	Let's Move Lake Mac - Aqua Fitness	Public access CLOSED 16/12	Hydrotherapy
12pm-1.30pm	School booking 2/12 9/12	Public access CLOSED 16/12	Hydrotherapy
1.30pm-2.30pm	U3A 2/12 9/12	Public access CLOSED 16/12	Hydro shared Swim lessons
2.30pm-3pm	Public Hydrotherapy access	Public access	Hydro shared Swim lessons
3pm-4pm	Swim School	Public access	Hydro shared Swim lessons
4pm-6pm	Swim School	Squad Swimming	Hydro shared Swim lessons

Wednesday

	15m	25m	Hydrotherapy
6am-8am	Public Hydrotherapy access - shared Swim School	Public access	Hydrotherapy
8am-9.30am	Swim School	Public access	Hydrotherapy
9.30am-11.30am	Swim School	Public access	Hydrotherapy
11.30am-12.30pm	Public Hydrotherapy access	Public access	Hydrotherapy
1pm-2pm	U3A 3/12 10/12	Public access	Hydrotherapy
2pm-3pm	U3A 3/12 10/12	Public access	Hydrotherapy
3pm-4pm	Swim School	Public access	Hydrotherapy
4pm-6pm	Swim School	Squad Swimming	Hydrotherapy

Thursday

	15m	25m	Hydrotherapy
6am-9am	Public Hydrotherapy access - shared Swim School	Public access	Hydrotherapy
9am-11am	Swim School	Public access CLOSED 18/12	Hydrotherapy
11am-12noon	Public Hydrotherapy Access - Inclusive Splash 11/12	Public access CLOSED 18/12	Hydrotherapy
12noon-1pm	Let's Move Lake Mac - Aqua Fitness	Public access CLOSED 18/12	Hydro shared Swim lessons
1pm-2pm	Aquatic Wellness over 55's Aqua exercise	Public access CLOSED 18/12	Hydro shared Swim lessons
2pm-3pm	Public Hydrotherapy access - shared Swim School	Public access	Hydro shared Swim lessons
3pm-4pm	Swim School	Public access	Hydro shared Swim lessons
4pm-6pm	Swim School	Squad Swimming	Hydro shared Swim lessons
6pm-7pm	Let's Move Lake Mac - Aqua Fitness	CLOSED - Torpedoes Swim Club	CLOSED

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

DECEMBER 2025

Friday

	15m	25m CLOSED	Hydrotherapy
6am-7.30am	Public Hydrotherapy access - shared Swim School	Squad Swimming, shared space until 8am	Hydrotherapy
7.30am-9.30am	Swim School	Squad Swimming, shared space until 8am	Hydrotherapy
9.30am-11am	Swim School	Public access CLOSED 19/12	Hydrotherapy
11am-12noon	Let's Move Lake Mac - Aqua Fitness	Public access CLOSED 19/12	Hydrotherapy
12noon-1pm	Public Hydorthotherapy access - School Booking 5/12	Public access CLOSED 19/12	Hydrotherapy
1pm-2pm	Aquatic Wellness over 55's aqua exercise	Public access CLOSED 19/12	Hydrotherapy
2pm-3pm	Public Hydrotherapy access	Public access	Hydrotherapy
3pm-6pm	Swim School	Squad Swimming	Hydrotherapy

Saturday

	15m	25m	Hydrotherapy
8am-10am	Swim School	Squad Swimming, shared space	Swim School
10am-12noon	Swim School	Public access	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	

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25M POOL - THURSDAY NIGHTS TORDEPOES SWIM CLUB ALL WELCOME

CHRISTMAS HOLIDAY CLOSURE

CLOSED Saturday 20th December - Sunday 11th January

CENTRE REOPENS Monday 12th January - 30th January (reduced hours 6am - 4pm)

SWIM SCHOOL

BOOSTER BLOCK Monday 12th January - 30th January

SWIM SCHOOL

RESUMES Monday 2nd February (normal Centre hours 6am-6pm)