

JANUARY 2026 TIMETABLE Monday

CLOSED - Australia Day Public Holiday 26th January

	15m	25m	Hydrotherapy
6am-8am	Public access	Public access	Hydrotherapy
8am-10.15am	Swim School	Squad - Public access	Hydrotherapy
10.15am-11.30am	Swim School	Public access	Hydrotherapy
11.30am-12.30pm	Inclusive Splash	Public access	Hydrotherapy
12.30pm-1.30pm	Public access - Hydrotherapy clients	Public access	Hydrotherapy
1.30pm-2.30pm	Aquatic Wellness over 55's aqua fitness	Public access	Hydrotherapy
2.30pm-3pm	Public access - Hydrotherapy clients	Public access	Hydrotherapy
3pm-4pm	Public access - Hydrotherapy clients	Public access	Hydrotherapy
4pm-6pm	CLOSED	CLOSED	CLOSED
Tuesday			
	15m	25m	Hydrotherapy
6am-8am	Public access	Public access	Hydrotherapy
8am-10.15am	Swim School	Squad - Public access	Hydrotherapy
10.15am-11am	Swim School	Public access - CLOSED 13/20 Jan	Hydrotherapy
11am-12pm	Let's Move Lake Mac - Aqua Fitness	Public access - CLOSED 13/20 Jan	Hydrotherapy
12pm-1.30pm	Public access - Hydrotherapy clients	Public access - CLOSED 13/20 Jan	Hydrotherapy, Swim lessons
1.30pm-2.30pm	Aquatic Wellness over 55's aqua fitness	Public access - CLOSED 13/20 Jan	Hydrotherapy, Swim lessons
2.30pm-4pm	Public access - Hydrotherapy clients	Public access	Hydrotherapy, Swim lessons
4pm-6pm	CLOSED	CLOSED	CLOSED
Wednesday			
	15m	25m	Hydrotherapy
6am-8am	Public access	Public access	Hydrotherapy
8am-10.15am	Swim School	Squad - Public access	Hydrotherapy
10.15am-11am	Swim School	Public access - CLOSED 14/21/28 Jan	Hydrotherapy
11am-2.30pm	Public access - Hydrotherapy clients	Public access - CLOSED 14/21/28 Jan	Hydrotherapy
2.30pm-4pm	Public access - Hydrotherapy clients	Public access	Hydrotherapy
4pm-6pm	CLOSED	CLOSED	CLOSED
Thursday			
	15m	25m	Hydrotherapy
6am-8am	Public access	Public access	Hydrotherapy
8am-10.15am	Swim School	Squad - Public access	Hydrotherapy
10.15am-11am	Swim School	Public access - CLOSED 15/29 Jan	Hydrotherapy
11am-12noon	Public access - Hydrotherapy clients	Public access - CLOSED 15/29 Jan	Hydrotherapy
11am-12noon	Inclusive Splash - 15 Jan	Public access - CLOSED 15/29 Jan	Hydrotherapy
12noon-1pm	Let's Move Lake Mac - Aqua Fitness	Public access - CLOSED 15/29 Jan	Hydrotherapy, Swim lessons
1pm-2pm	Aquatic Wellness over 55's Aqua Fitness	Public access - CLOSED 15/29 Jan	Hydrotherapy, Swim lessons
2pm-4pm	Public access - Hydrotherapy clients	Public access	Hydrotherapy, Swim lessons
4pm-6pm	CLOSED	CLOSED	CLOSED

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

JANUARY 2026

Friday

	15m	25m	Hydrotherapy
6am-8am	Public access	Public access	Hydrotherapy
8am-10.15am	Swim School	Squad - Public access	Hydrotherapy
10.15am-11am	Swim School	Public access - CLOSED 16/30 Jan	Hydrotherapy
11am-12noon	Let's Move Lake Mac - Aqua Fitness	Public access - CLOSED 16/30 Jan	Hydrotherapy
12noon-1pm	Public access - Hydrotherapy clients	Public access - CLOSED 16/30 Jan	Hydrotherapy
1pm-2pm	Aquatic Wellness over 55's Aqua Fitness	Public access - CLOSED 16/30 Jan	
2pm-4pm	Public access - Hydrotherapy clients	Public access	
4pm-6pm	CLOSED	CLOSED	CLOSED

Saturday

15m	25m	Hydrotherapy
CLOSED TO THE PUBLIC	CLOSED TO THE PUBLIC	

Sunday

15m	25m	Hydrotherapy
CLOSED TO THE PUBLIC	CLOSED TO THE PUBLIC	

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SCHOOL HOLIDAYS

REDUCED HOURS 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)

CLOSED AUSTRALIA DAY