

# JULY 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	Public access - Hydrotherapy	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
9.30am-11.30am	Swim School	Public access	Hydrotherapy
11.30am-12.30pm	School booking	Public access	Hydrotherapy
12.30pm-1.30pm	Public access - Hydrotherapy	Public access	Hydrotherapy
1.30pm-2.30pm	U3A - 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

## Thursday

	15m	25m	Hydrotherapy
6am-9am	Public access - shared Swim School	Public access	Hydrotherapy
9am-11am	Swim School	Public access	Hydrotherapy
11am-12noon	Public access - Hydrotherapy <b>CLOSED 24/7</b>	Public access	Hydrotherapy
11am-12noon	Inclusive Splash <b>24/7</b>	Public access	Hydrotherapy
12noon-1pm	Let's Move Lake Mac - Aqua Fitness	Public access	Hydrotherapy, Swim lessons
1pm-2pm	Aquatic Wellness over 55's Aqua Fitness	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

JULY 2025

Friday			
	15m	25m	Hydrotherapy
6am-7.30am	Public access - shared Swim School	Squad Swimming, shared space	Hydrotherapy
7.30am-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-1pm	Public access - Hydrotherapy	Public access	Hydrotherapy
1pm-2pm	Aquatic Wellness over 55's aqua fitness	Public access	Hydrotherapy
2pm-3pm	Public access - Hydrotherapy	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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