

## Friday 10th October 2025

### 25M POOL

6:00 a.m.	8:00 p.m.	Lane 1 - 2	Aqua Jogging
6:00 a.m.	3:30 p.m.	Lane 3 - 8	Public Lane Swimming
3:30 p.m.	6:00 p.m.	Lane 7 - 8	JC Swim School
3:30 p.m.	6:00 p.m.	Lane 3 - 6	Public Lane Swimming
6:00 p.m.	8:00 p.m.	Lane 3 - 8	Public Lane Swimming

### HYDROTHERAPY POOL

6:00 a.m.	8:00 p.m.	Hydrotherapy Pool	Aqua Jogging
10:30 a.m.	11:30 a.m.	Hydrotherapy Pool	Te Kaika Health

### LEARNERS POOL

9:15 a.m.	12:00 p.m.	Lane 3 - 4	Just Swim
9:45 a.m.	12:45 p.m.	Lane 1 - 2	SilverStream School - Just Swim
3:30 p.m.	6:00 p.m.	All Learners Pool	JC Swim School

### LEISURE POOL

9:45 a.m.	12:45 p.m.	Leisure Pool	SilverStream School - Just Swim
10:30 a.m.	11:30 a.m.	Leisure Pool	Sara Cohen - Karamū Class

### POOLSIDE ROOM

9:30 a.m.	1:00 p.m.	Poolside Room	SilverStream School
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