

Saturday 11th July 2026

25M POOL

7:00 a.m	10:15 a.m	Lane 1 - 2	Aqua Jogging
7:00 a.m	10:15 a.m	Lane 3 - 8	Public Lane Swimming
10:15 a.m	11:00 a.m	Lane 1 -3	Aqua Fitness Class
10:15 a.m	11:00 a.m	Lane 4 - 8	Public Lane Swimming
11:00 a.m	7:00 p.m	Lane 1 - 2	Aqua Jogging
11:00 a.m	4:00 p.m	Lane 3 - 5	Public Lane Swimming
4:00 p.m	7:00 p.m	Lane 3 - 6	Public Lane Swimming

HYDROTHERAPY POOL

7:00 a.m	7:00 p.m	Hydrotherapy Pool	Aqua Jogging
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LEARNERS POOL

7:00 a.m	7:00 p.m	Learners Pool	Public swimming
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LEISURE POOL

7:00 a.m	7:00 p.m	Leisure Pool	Public swimming
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SPA POOL

7:00 a.m	7:00 p.m	SPA POOL CLOSED	
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Sunday 12th July 2026

25M POOL

7:00 a.m	7:00 p.m	Lane 1 - 2	Aqua Jogging
7:00 a.m	11:00 a.m	Lane 3 - 8	Public Lane Swimming
11:00 a.m	4:00 p.m	Lane 3 - 5	Public Lane Swimming
4:00 p.m	7:00 p.m	Lane 3 - 8	Public Lane Swimming

HYDROTHERAPY POOL

7:00 a.m	7:00 p.m	Hydrotherapy Pool	Aqua Jogging
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LEARNERS POOL

7:00 a.m	7:00 p.m	Learners Pool	Public swimming
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LEISURE POOL

7:00 a.m	7:00 p.m	Leisure Pool	Public Swimming
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SPA POOL

7:00 a.m	7:00 p.m	SPA POOL CLOSED	
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