

## Friday 9th October 2026

### 25M POOL

|            |            |            |                      |
|------------|------------|------------|----------------------|
| 6:00 a.m.  | 8:00 p.m.  | Lane 1 - 2 | Aqua Jogging         |
| 6:00 a.m.  | 11:00 a.m. | Lane 3 - 8 | Public Lane Swimming |
| 11:00 a.m. | 4:00 p.m.  | Lane 3 - 6 | Public Lane Swimming |
| 4:00 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    |
| 11:00 a.m. | 12:00 p.m. | Hydrotherapy Pool | Te Kaika Health |

### LEISURE POOL

|           |           |              |                 |
|-----------|-----------|--------------|-----------------|
| 6:00 a.m. | 8:00 p.m. | Leisure Pool | Public Swimming |
|-----------|-----------|--------------|-----------------|

### SPA POOL

|           |           |                 |  |
|-----------|-----------|-----------------|--|
| 6:00 a.m. | 8:00 p.m. | SPA POOL CLOSED |  |
|-----------|-----------|-----------------|--|