

Friday 19th December 2025

25M POOL

6:00 a.m.	8:00 p.m.	Lane 1 - 2	Aqua Jogging
6:00 a.m.	10:30 a.m	Lane 3 - 8	Public Lane Swimming
10:30 a.m	4:00 p.m	Lane 3 - 5	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
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LEARNERS POOL

6:00 a.m.	8:00 p.m.	All Learners Pool	CLOSED
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LEISURE POOL

6:00 a.m.	9:00 a.m	Leisure Pool	Public Swimming
9:00 a.m	12:00 p.m	Leisure Pool	Silverstream School - Just Swim
12:00 p.m	8:00 p.m.	Leisure Pool	Public Swimming

POOLSIDE ROOM

9:30 a.m	12:30 p.m	Poolside Room	Staff Meeting
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