

Warm Water Pool Timetable

	5:30am	7:00am	8:00am	8:45am	10:15-11:00am	11:00am	11:45am	12:30-1:15pm	1:15-3:30pm	3:30pm	5:45pm	7:00pm	
MON	Gentle Exercise & Rehabilitation		Movement Unlimited 8:00-8:45am	Gentle Exercise & Rehabilitation		Movement Unlimited 11:00-11:45am	Gentle Exercise & Rehabilitation			Swim School / Gentle Exercise & Rehabilitation 3:30-7:00pm	Gentle Exercise & Rehabilitation 7:00-8:45pm		
TUE	Gentle Exercise & Rehabilitation		Movement Unlimited 8:00-8:45am	Gentle Exercise & Rehabilitation	Movement Unlimited 10:15-11:00am	Gentle Exercise & Rehabilitation			Swim School / Gentle Exercise & Rehabilitation 3:30-7:00pm	Gentle Exercise & Rehabilitation 7:00-8:45pm			
WED	Gentle Exercise & Rehabilitation		Movement Unlimited 8:00-8:45am	Gentle Exercise & Rehabilitation						Swim School / Gentle Exercise & Rehabilitation 3:30-7:00pm	Gentle Exercise & Rehabilitation 7:00-8:45pm		
THU	Gentle Exercise & Rehabilitation		Movement Unlimited 8:00-8:45am	Gentle Exercise & Rehabilitation		Movement Unlimited 11:00-11:45am	Gentle Exercise & Rehabilitation			Swim School / Gentle Exercise & Rehabilitation 3:30-7:00pm	Gentle Exercise & Rehabilitation 7:00-8:45pm		
FRI	Gentle Exercise & Rehabilitation		Movement Unlimited 8:00-8:45am	Gentle Exercise & Rehabilitation		Movement Unlimited 11:00-11:45am	Gentle Exercise & Rehabilitation			Swim School / Gentle Exercise & Rehabilitation 3:30-7:00pm	Gentle Exercise & Rehabilitation 7:00-7:45pm		
SAT		Gentle Exercise & Rehabilitation	Swim School Only 8:00am-12:30pm				Swim School / Gentle Exercise & Rehabilitation 12:30-1:15pm	Gentle Exercise & Rehabilitation 1:15-5:45pm					
SUN			Swim School / Gentle Exercise & Rehabilitation 8:00am-12:30pm				Gentle Exercise & Rehabilitation 12:30-5:45pm						



The Warm Water Pool will not be accessible to the public during all Movement Unlimited classes.

Scan for more information about the Warm Water Pool. Timetables are correct as at May 2025.



LEISURELINK
AQUATIC &
RECREATION CENTRE