

# HYDROTHERAPY POOL

## Public availability timetable

Sessions	Public availability*
Monday	5.30am – 8.00am 11.30am – 12.00pm 2.00pm – 4.00pm 5.00pm – 9.15pm
Tuesday	5.30am – 9.00am 4.00pm – 9.15pm
Wednesday	5.30am – 7.00am 8.00am – 9.30am 11.30am – 1.30pm 2.30pm – 5.30pm 6.00pm – 9.15pm
Thursday	5.30am – 8.00am 9.00am – 10.30am 1.15pm – 2.00pm 4.00pm – 9.15pm
Friday	5.30am – 7.00am 8.00am – 9.30am 1.30pm – 4.00pm 5.00pm – 9.15pm
Weekends	6.00am – 8.30am 1.30pm – 6.45pm

**\*Please note: Times are subject to change due to last minute bookings. To stay up to date please check our weekly pool schedule on our website or see our friendly staff.**

### Pool hours

Monday to Friday      5.30am to 9.15pm  
Weekends              6am to 6.45pm  
Public Holidays       7am to 6.45pm

