

West Wave Pool and Leisure Centre: Main Pool & Hydrotherapy Daily Schedule

Main / Hydrotherapy Pool																				
Monday 13 November 2017																				
Hydro Pool		25M Laned Pool (Scoreboard End)								25M Laned Pool (Middle) 1.8M Deep								DIVE WELL		
		1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8			
6:00AM		6AM								6AM								6AM		
7:00AM		7AM	Swim Squads																7AM	
8:00AM		8AM								8AM								8AM		
9:00AM		9AM								9AM								9AM		
10:00AM	Hydro class	10AM								10AM								10AM		
11:00AM	Hydro class	11AM								11AM								11AM	AQUA DEEP/HIT	
12:00PM	Hydro class	12PM								12PM								12PM		
1:00PM		1PM								1PM								1PM		
2:00PM		2PM								2PM								2PM		
3:00PM		3PM								3PM								3PM		
4:00PM		4PM								4PM								4PM		
5:00PM		5PM								5PM								5PM		
6:00PM		6PM								6PM								6PM		
7:00PM		7PM								7PM								7PM		
8:00PM		8PM								8PM								8PM		
9:00PM	cleaning	9PM								9PM								9PM		

Customer Information	
Open for public use	
Aqua group fitness classes	
Learn to swim	
Group booking	

**unless otherwise indicated lanes are available for swimming *availability is correct at time of publication.*

**aqua classes run for 45 mins, full details in our group fitness timetable*

**for more information call 09 301 0101*



Main / Hydrotherapy Pool

TUESDAY **14 November 2017**

	Hydro Pool	50m POOL												DIVE WELL	
		1	2	3	4	5A	5B	6A	6B	7A	7B	8A	8B		
6:00AM															6:00AM
7:00AM		Swim Squads										Water Walking	Water Walking	7:00AM	
8:00AM		Swim Squads										Water Walking	Water Walking	8:00AM	
9:00AM														9:00AM	
10:00AM								Aqua fit		Aqua fit		Aqua fit		10:00AM	
11:00AM								HIIT		HIIT		HIIT		11:00AM	
12:00PM								Social seniors		Social seniors		Social senior		12:00PM	
1:00PM														1:00PM	
2:00PM		Swim Squads												2:00PM	
3:00PM														3:00PM	
4:00PM														4:00PM	
5:00PM														5:00PM	
6:00PM														6:00PM	
7:00PM	Simon WW Hydro													7:00PM	
8:00PM														8:00PM	
9:00PM	Cleaning													9:00PM	

Customer Information

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- Aqua group fitness classes
- Learn to swim
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Main / Hydrotherapy Pool																		
WEDNESDAY 15 November 2017																		
Time	Hydro Pool	25M Laned Pool (Scoreboard End)								25M Laned Pool (Middle) 1.8M Deep								DIVE
		1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	
6:00AM																		
7:00AM		Boot camp																
8:00AM		Swim Squads																
9:00AM																		
10:00AM	Hydro class																	AQUA DEEP
11:00AM	Hydro class																	
12:00PM	Hydro class																	
1:00PM																		
2:00PM																		
3:00PM																		
4:00PM																		
5:00PM																		
6:00PM																		
7:00PM																		
8:00PM																		
9:00PM	cleaning																	

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Main / Hydrotherapy Pool																			
THURSDAY		16 November 2017																	
Time	Hydro Pool	25M Laned Pool (Scoreboard End)								25M Laned Pool (Middle) 1.8M Deep								DIVE WELL	
		1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8		
6:00AM																			
7:00AM																			
8:00AM																			
9:00AM																			
10:00AM																			
11:00AM																			
12:00PM	WW Hydro class																		
1:00PM																			
2:00PM																			
3:00PM																			
4:00PM																			
5:00PM																			
6:00PM																			
7:00PM																			
8:00PM																			
9:00PM	cleaning																		

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Main / Hydrotherapy Pool																		
FRIDAY 17 November 2017																		
Time	Hydro Pool	25M Laned Pool (Scoreboard End)								25M Laned Pool (Middle) 1.8M Deep								DIVE WELL
		1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	
6:00AM																		
7:00AM																		
8:00AM																		
9:00AM																		
10:00AM																		
11:00AM																		
12:00PM	Hydro class																	AQUA DEEP
1:00PM	Hydro class																	
2:00PM	Casual Time slot																	
3:00PM																		
4:00PM																		
5:00PM																		
6:00PM																		
7:00PM																		
8:00PM																		
9:00PM	cleaning																	

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Main / Hydrotherapy Pool																	
SATURDAY		18 November 2017															
Hydro Pool	25M Laned Pool (Scoreboard End)								25M Laned Pool (Middle) 1.8M Deep				DIVE WELL				
	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	
6:00AM																	
7:00AM																	
8:00AM																	
9:00AM																	
10:00AM																	
11:00AM																	
12:00PM																	
1:00PM																	
2:00PM																	
3:00PM																	
4:00PM																	
5:00PM																	
6:00PM																	
7:00PM																	
8:00PM																	
9:00PM	cleaning																

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Main / Hydrotherapy Pool																		
SUNDAY		19/01/2017																
	Hydro Pool	25M Laned Pool (Scoreboard End)								25M Laned Pool (Middle) 1.8M Deep								DIVE WELL
		1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	
6:00AM																		
7:00AM																		
8:00AM																		
9:00AM																		
10:00AM																		
11:00AM																		
12:00PM																		
1:00PM																		
2:00PM																		Public Diving
3:00PM																		
4:00PM																		
5:00PM																		
6:00PM																		
7:00PM																		
8:00PM																		
9:00PM	cleaning																	

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Main / Hydrotherapy Pool																			
Monday		20 November 2017																	
Hydro Pool		25M Laned Pool (Scoreboard End)								25M Laned Pool (Middle) 1.8M Deep				DIVE WELL					
		1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8		
6:00AM		6AM								6AM								6AM	
7:00AM		7AM								7AM								7AM	
8:00AM		8AM	Swim Squads								8AM							8AM	
9:00AM		9AM								9AM								9AM	
10:00AM	Hydro class	10AM								10AM								10AM	
11:00AM	Hydro class	11AM								11AM								11AM	AQUA DEEP/HIT
12:00PM	Hydro class	12PM								12PM								12PM	
1:00PM		1PM								1PM								1PM	
2:00PM		2PM								2PM								2PM	
3:00PM		3PM								3PM								3PM	
4:00PM		4PM								4PM								4PM	
5:00PM		5PM								5PM								5PM	
6:00PM		6PM								6PM								6PM	
7:00PM		7PM								7PM								7PM	
8:00PM		8PM								8PM								8PM	
9:00PM	cleaning	9PM								9PM								9PM	

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