Hydro Availability



As of the 1st April 2025

	MON	TUE	WED	THU	FRI	SAT	SUN
5.30							
6.00							
6.30							
7.00							
7.30							
8.00	SA Warm						
8.30	Water						
9.00							
9.30					SA Warm	LTS	LTS
10.00		SA Warm	SA Warm	SA Warm	Water		
10.30		Water	Water	Water			
11.00							
11.30							
12.00	Physio						
12.30					Physio		
13.00							
13.30							
14.00			Physio				
14.30							
15.00							
15.30							
16.00							
16.30							
17.00							
17.30							
18.00							
18.30							
19.00							
19.30							
20.00							
20.30							

KEY				
SA Warm Water	Fully booked for RLC Staying Active – Warm Water classes			
LTS	Half booked for RLC Learn to Swim classes – except for during school holidays			
Physio	Half booked for external physio groups			
	Bookings will differ on public holidays			

Please be aware that availability may change subject to facility demands and is at management's discretion.