



Warm Water Pool – New Opening hours commencing Monday 13th March 2023

Goulburn Aquatic and Leisure Centre offers patrons the benefits of warm water in our custom-built pool.

Warm Water Pool Opening Hours – Public Walking hours.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am-2.00pm	6.00am-9.30am 11.00am-2.00pm 4.00pm -6.00pm	6.00am-2.00pm 4.00pm -6.00pm	6.00am -9.30am 11.00am -1.00pm	6:00am-9:30am 12:00pm -2:00pm	8.00am-2:00pm	9.00am-12:00pm

Benefits of warm water

Warm water can be used to treat different diseases and illnesses. It can also be used as a form of relaxation and to support your health and well-being. It can be help with:

Decreasing pain in joints and muscles

Reducing inflammation,

Lessening soreness in muscles

Boosts your immune system

Rehabilitation after surgery or major illness

Please consult your medical professional before attending our centre to ensure that this type of exercise is suitable for your needs. Children under the age of 18 are not permitted in the warm water pool without a medical referral.

Please note - Our warm water pool is strictly only for use by those requiring warm water therapy benefits. Its is not accessible for general swimming.

For further information please contact reception at swimreception@goulburn.nsw.gov.au