

Warm Water Pool – Opening hours commencing Monday 13th April 2026 -extended public usage hours

We are pleased to advise we will be extending the warm water pool public availability hours.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am - 3.45pm - Public Hours	6.00am - 9.45am- Public Hours	6.00am - 2.00pm – Public Hours	6.00am - 9.45am- Public Hours	6:00am - 9:45am – Public Hours	8.00am - 5.00pm – Public Hours	9.00am - 5.00pm – Public Hours
4.00pm - 5.00pm Private Hire	10.00am - 10.45am – Aqua Class	2.00pm - 2.30pm – Private Hire	10.00am - 10.45am – Aqua Class	10.00am - 10.45am – Aqua Class		
5.15pm - 7.30pm- Public Hours	11.00am - 2.00pm- Public Hours	2.45pm - 7.30pm – Public Hours	11.00am - 12.45pm – Public Hours	11.00am - 1.45pm – Public Hours		
	2.00pm - 4.00pm – Private Hire		1.00pm - 2.00pm – Private Hire	2:00pm - 3:00pm – Private Hire		
	4.15pm - 7.30pm – Public Hours		2.45pm - 3.45pm - Private Hire	3.15pm - 7.30pm – Public Hours		
			4.00pm - 6.00pm - Private Hire			
			6.15pm - 7.30pm – Public Hours			

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
- Reduce 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 and approval by Management

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

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