## KALAMUNDA PHYSIOTHERAPY CENTRE

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## **Pool and Gym Schedule**



Swimming Lessons operate during the school terms.

<u>PLEASE NOTE</u>: Casual Pool or Casual Gym is when there are no classes and sessions are Unsupervised

As at Nov 2022	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am - 9am	Casual Pool or Casual Gym	Casual Pool or Casual Gym	Casual Pool or Casual Gym	Casual Pool or Casual Gym	Casual Pool or Casual Gym	Casual Pool 7am-8.00am Casual Gym 7am-12.30pm
9am - 10am	<b>Gym Class</b> 9-10am	Gym Class 9-10am	Casual Pool or Casual Gym	Gym Class 9-10am	Gym Class 9-10am	Swimming Lessons 8am-12.30pm
	Casual Pool	Swimming Lessons 9-1pm		Casual Pool	Casual Pool	
10am-11am	Pool Class 10-11am	Swimming Lessons	Casual Pool or	Casual Pool or Casual Gym	Pool Class 10-11am	Swimming Lessons
	Casual Gym	Casual Gym	Casual Gym		Casual Gym	
11am-12pm	Casual Pool or Casual Gym	Swimming Lessons Casual Gym	Casual Pool or Casual Gym	Casual Pool or Casual Gym	Casual Pool or Casual Gym	Swimming Lessons
12pm-1pm	Supervised Hydro 12-1pm	Swimming Lessons Casual Gym	Supervised Hydro 12-1pm	Casual Pool or	Supervised Hydro 12-1pm	CLOSED
	Casual Gym	9-1pm	Casual Gym	Casual Gym	Casual Gym	
1pm-3pm	Casual Pool or Casual Gym	Casual Pool or Casual Gym	Casual Pool or Casual Gym	Casual Pool or Casual Gym	Casual Pool or Casual Gym	CLOSED
3pm-4pm	Casual Pool or	Pool Class 3-4pm	Casual Pool or	Pool Class 3-4pm		CLOSED
	Casual Gym	Casual Gym	Casual Gym	Casual Gym		
4pm-5pm	Casual Pool or Casual Gym	Casual Pool or Casual Gym	Casual Pool or Casual Gym	Casual Pool or Casual Gym	Casual Pool or Casual Gym	CLOSED
5pm-6pm	<b>Gym Class</b> 5-6pm	Casual Pool or Casual Gym	Casual Pool or Casual Gym	Casual Pool or Casual Gym	Casual Pool or Casual Gym	MUST SEE A PHYSIO
	Casual Pool					BEFORE USE OF POOL AND GYM