






















AQUA FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.45am					 30 MINUTES
9.30am	 45 MINUTES	 45 MINUTES	 45 MINUTES	 45 MINUTES	 45 MINUTES
9.30am				 45 MINUTES	
10.30am	 30 MINUTES	 45 MINUTES	 30 MINUTES	 45 MINUTES	 45 MINUTES
10.30am					 45 MINUTES
12.15pm		 30 MINUTES			
1pm		 45 MINUTES			
6.15pm		 45 MINUTES	 45 MINUTES	 30 MINUTES	
7pm	 45 MINUTES			 45 MINUTES	
7.30pm			 45 MINUTES		

Hydrotherapy pool is closed to public during Hydro Health and Hydro Tone classes

Casual – \$9

Gold Card/Community Services (with ID) – \$6

Concession cards available, buy ten classes and only pay for nine.

Booking for some classes compulsory. For more information visit selwyn.govt.nz/sac.