











# SELWYN AQUATIC CENTRE TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
6.30am					Express 30 min  (trial for 6 weeks starting 28 April)	
8.30am					45 min 	
9am		<b>Sensory Time (Leisure)</b> 9–11am				
9.30am	45 min 	45 min 	45 min 	45 min 	45 min 	
9.30am				45 min 		
10.30am	30 min 	45 min 	30 min 	45 min 	45 min 	
10.30am					45 min 	
11.30am				30 min 		
12.15pm		30 min 				
1pm	<b>Adult Only (Hydro pool)</b> 1–4pm	45 min 	<b>Adult Only (Hydro pool)</b> 1–4pm		<b>Adult Only (Hydro pool)</b> 1–4pm	
2.30pm		<b>Quiet Time (Main pool)</b> 2.30–3.30pm		<b>Quiet Time (Main pool)</b> 2.30–3.30pm		
4pm						<b>Adult Only (Hydro pool)</b> 4–8pm
6.15pm	30 min 	45 min 	45 min 	30 min 		
7pm	45 min 			45 min 		
7.15pm			45 min 			

# AQUA FITNESS CLASSES



A low impact class designed to increase balance, flexibility, functional strength and co-ordination. This class suits rehab and recovery, injury and fall prevention and helps improve restricted range of movement. Water 35–36 degrees. **30 minutes**



A gentle exercise class with stretches and resistance based activities in shallow water. This class is designed to increase strength and coordination. A low intensity workout focusing on toning and strengthening. Water 35–36 degrees. **45 minutes**



A fun, high energy class with a mix of cardio and strength based movements. This class is designed to increase both fitness levels and strength. Water 32 degrees. **45 minutes or Express 30 minutes**



A medium to high intensity deep water non-impact workout for all fitness levels. Exercises are performed while using an aqua belt and are designed to improve strength and cardiovascular fitness. **45 minutes**



A full body water workout to gain endurance, strength and coordination through mixed martial arts inspired movements to motivating music. **30 minutes**



An in water fun, energetic, danced based full body workout for all fitness levels. **45 minutes**



A class specifically designed for expectant mothers to get a low-medium level intensity work out. Perfect for any stage of pregnancy or fitness level. **45 minutes**



The perfect opportunity for parents and caregivers to get a great workout, while keeping baby engaged and entertained. Baby will enjoy a fun water experience, while parents and caregiver can improve their fitness level and strength. Suitable for babies from 6 months up to 3 years. **45 minutes**