SELWYN AQUATIC CENTRE TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
8.30am	AQUA (45)				HYDRO TONE	
9am		Sensory Time (Leisure) 9-11am				
9.30am	HYDRO AQUA FIT PARENTS	AQUA (45)	AQUA 45	AQUA 45	AQUA FIT	
10.30am	HYDRO HEALTH	HYDRO TONE 45	HYDRO SO HEALTH	HYDRO TONE	HYDRO AQUA FIT PARENTS	
11.30am				HYDRO (SO)	HYDRO SO HEALTH	
12.15pm		HYDRO HEALTH				
1pm	Adult Only (Hydro pool) 2–4pm	AQUA DEEP	Adult Only (Hydro pool) 2–4pm		Adult Only (Hydro pool) 1–4pm	
4pm						Adult Only (Hydro pool) 4–8pm
6pm				HYDRO HEALTH		
6.15pm	AQUA COMBAT	AQUA NATAL 45	HYDRO TONE			
6.45pm				AQUA COMBAT		
7pm	AQUA FIT					
7.15pm		AQUA FIT	AQUA ZUMBA			
7.30pm				AQUA FIT		