## 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 49	AQUA DEEP	AQUA FIT	
10.30am	HYDRO HEALTH	HYDRO TONE	HYDRO HEALTH 300	HYDRO TONE	HYDRO AQUA FIT PARENTS	
11.30am				HYDRO HEALTH		
12.15pm		HYDRO HEALTH				
1pm	Adult Only (Hydro pool) 1–4pm	AQUA (45)	Adult Only (Hydro pool) 1–4pm		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 DEEP					
7.15pm		AQUA FIT	AQUA ZUMBA 45			
7.30pm				AQUA FIT		