SELWYN AQUATIC CENTRE TIMETABLE

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