



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 |
| 10.30am |  30 MINUTES |  45 MINUTES |  30 MINUTES |  45 MINUTES |  45 MINUTES |
| 12.15pm | |  30 MINUTES | | | |
| 1pm | |  45 MINUTES | | | |
| 6.15pm | | |  45 MINUTES |  30 MINUTES | |
| 7pm |  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.