

Weekly activities

Updated November 2020

In the pool

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Aqua Ducks 8:00am-9:00am				Aqua Ducks 8:00am-9:00am
					Bubs Classes 9:15am-9:45am 9:45am-10:15am
Afternoon	Bubs Classes 3:15pm-3:45pm	Swimming Lessons 3:30pm-6:30pm	Swimming Lessons 3:00pm-6:00pm	Swimming Lessons 3:00pm-6:30pm	Swimming Lessons 3:00pm-5:45pm
	Swimming Lessons 3:30pm-6:30pm				
Evening	Aqua Aerobics 6:15pm			Aqua Aerobics 6:15pm	
				Adult Squad/Stroke Correction 6:30pm-7:30pm	

In the gym

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning			Movement and Strength 8:15am		
Evening	Monday Night Madness 6:15pm-7:00pm	Boxing for Fitness 6:15pm-7:00pm	Introduction to Beginner Pilates 6:15pm	Boot Camp 6:15pm-7:00pm	

On the court

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning					Pickleball 8:45am-10:15am
Afternoon		Junior Basketball 4:00pm-5:30pm	After School Kids Activities 3:30pm-5:00pm		Futsal School 4pm
Evening		Social Basketball 5:30pm-6:00pm		Pickleball 3:30pm-5pm	
		Mixed Basketball 6:00pm-8:00pm			

Class descriptions and opening hours over the page.

Adult Squad/Stroke Correction \$9.50
Tailored swimming program to suit adults at most fitness levels.

After School Kids Activities \$5
Fun physical activities for children aged 9–13 aimed at developing coordination, fitness and motor skills. Runs during school terms.

Aqua Aerobics \$9.50
Increase your strength and fitness with fun aquatic fitness routines set to music.

Aqua Ducks \$6.50
Gentle aquatic group exercise for swimmers over 50 aimed at improving flexibility, joint mobilisation, fitness and balance.

Boot Camp \$9.50
Burn fat, increase fitness and build strength.

Boxing for Fitness \$9.50
A fat-burning workout aimed at building fitness, muscle strength and tone.

Bubs Classes \$15.50
An introduction to the water for children aged 6 months to 3 years.

Futsal School \$60 (6 weeks)
A soccer-like game that keeps you always involved in the play. Ages 5–14.

Introduction to Beginner Pilates \$9.50
A flowing sequence of exercises to build a foundation of strength, flexibility and control

Junior Basketball \$5.50
During school terms and term holidays.

Mixed Netball/Mixed Basketball \$7
Social games open to all ages and levels of ability.

Monday Night Madness \$9.50
A fitness class conducted by our fully qualified personal trainer Russ focused on building muscle strength and tone.

Movement and Strength \$9.50
Gentle movement and strength-based exercises to help maintain functional movement.

Pickleball \$7 (+ \$3 paddle hire)
Like tennis, but with paddles and under-arm serves. Singles (experienced) on Thursdays, mixed doubles on Fridays and Sundays.

Social Basketball Free with entry
Casual 3-on-3 basketball games

Swimming Lessons \$15.50
Available for all ages and level of ability. Classes run during school terms. Please see staff for more information.

Opening hours

Monday	8:00am–10:30am 3:00pm–8:00pm
Tuesday	3:00pm–8:00pm
Wednesday	8:00am–10:00am 3:00pm–8:00pm
Thursday	3:00pm–8:00pm
Friday	8:00am–10:30am 3:00pm–6:00pm
Saturday	Closed
Sunday	10:00am–1:00pm

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