

Weekly activities

Updated April 2021

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		
			Balance (6 week program) 9:15am		
Evening		Strength & Toning 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			

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.

Balance \$9.50
6 week program 14 April – 19 May. Rebuild your skill of balance. Start with the fundamentals, develop your technique and address movement inefficiencies. All levels, ages and bodies welcome.

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.

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

Strength & Toning \$9.50
A fitness class conducted by our fully qualified personal trainer Russ focused on building muscle strength and tone.

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

Port Huon Sports & Aquatic Centre
4421 Huon Highway, Port Huon
Huon Valley, Tasmania

Phone: (03) 6264 0310
Email: phsc@huonvalley.tas.gov.au
www.huonvalley.tas.gov.au

 Follow us!

The Port Huon Sports & Aquatic Centre is proudly owned and operated by Huon Valley Council. If you would like information about other sporting facilities and activities in the Huon Valley please call Council on (03) 6264 0300.