

PORT HUON SPORTS & AQUATIC CENTRE

Weekly activities

Updated November 2023



In the pool

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	POOL CLOSED UNTIL 2024 NEW YEAR POOL RE-TILING PROJECT				
Afternoon					
Evening					

In the gym

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Morning	Chairlates 8.15am		Movement and Strength 8:15am		Chairlates 8.15am	
Afternoon						
Evening			Pilates 6.00pm			

On the court

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Morning			Line Dancing 9.00am-10.00am		Pickleball 8:30am-10:30am	Pickleball 10am – 1pm
Afternoon		Junior Basketball 3.30pm-5.00pm		Pickleball 3.00pm-5.00pm		
Evening	Mixed Social Basketball 6.00pm-8.00pm		<i>Court not available</i> 6:15-7:15pm	Futsal 5.30pm-7.00pm		

Chairlates

All exercises are performed in a seated position \$6.50
And are perfect for seniors or beginners.
Low impact exercises.

Futsal – Adult Mixed

Social games for all levels of ability. \$8.00

Introduction to Beginner Pilates

A flowing sequence of exercises to build a \$12.00
foundation of strength, flexibility and control
for basic level.

Junior Basketball

Learn the skills of basketball in a fun and relaxed \$6.50
Environment.

Line Dancing

Fun choreographed group dance. \$5.00

Mixed Social Basketball

Social games open to all ages and levels of ability. \$8.00

Movement and Strength

Gentle movement and strength-based \$12.00
exercises to help maintain functional movement.

Pickleball \$8.00 (+ \$3.50 paddle hire)

Like tennis, but with paddles and under-arm \$8.00 (+ \$3.50 paddle hire)
serves. Singles (experienced) on Thursdays,
mixed doubles on Fridays and Sundays.

Pilates

A flowing sequence of exercises to build a \$12.00
foundation of strength, flexibility and control
for experienced level.

Strength & Toning

A fitness class conducted by our fully qualified \$12.00
personal trainer Russ focused on building
muscle strength and tone.

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

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**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.