

PORT HUON SPORTS & AQUATIC CENTRE

Weekly activities

Updated March 2024



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	
	Boot Camp 9.15am				Pilates 9.15am	
Afternoon					After School Activities 3.30-4.30pm	
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		Court not available 6:15-7:15pm	Futsal 5.30pm-7.00pm		

After School Activities \$6.50

Fun physical activities for children aged 9–13 aimed at developing coordination, fitness and motor skills. Runs during school terms.

Boot Camp \$12.00

Increase fitness and build strength.

Chairlates

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

Futsal – Adult Mixed \$8.00

Social games for all levels of ability.

Junior Basketball \$6.50

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

Line Dancing

Fun choreographed group dance. \$5.00

Mixed Social Basketball \$8.00

Social games open to all ages and levels of ability.

Movement and Strength \$12.00

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

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

Like tennis, but with paddles and under-arm serves. Singles (experienced) on Thursdays, mixed doubles on Fridays and Sundays.

Pilates \$12.00

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

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



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