

Aqua Classes, February 2026

Albion Park & Oak Flats Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Mix	8.05am - 8.50am Oak Flats 25m Pool Instructor: Tina/Shelly	8.05am - 8.50am Oak Flats 25m Pool Instructor: Tina			8.05am - 8.50am Oak Flats 25m Pool Instructor: Tina	7.00 am - 7.45am Oak Flats 25m Pool Instructor: Tina/Shelly
Aqua Cardio	9.00am - 9.45am Oak Flats 50m Pool Instructor: Mel	7.00 am - 7.45am Albion Park 50M Pool Instructor: Shelly	8.05am - 8.50am Oak Flats 50m Pool Instructor: Mel	8.05am - 8.50am Oak Flats 50m Pool Instructor: Shelly	9.00am - 9.45am Oak Flats 50m Pool Instructor: Shelly Deep water	
Aqua Fit			6.30pm - 7.15pm Oak Flats 50m Pool Instructor: Shelly		7.00am - 7.45am Albion Park 50M Pool Instructor: Shelly	



Aqua Classes, March 2026

Albion Park & Oak Flats Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Mix	8.05am - 8.50am Oak Flats 25m Pool Instructor: Tina/Shelly	8.05am - 8.50am Oak Flats 25m Pool Instructor: Tina			8.05am - 8.50am Oak Flats 25m Pool Instructor: Tina	7.00 am - 7.45am Oak Flats 25m Pool Instructor: Tina/Shelly
Aqua Cardio	9.00am - 9.45am Oak Flats 50m Pool Instructor: Mel	7.00 am - 7.45am Albion Park 50M Pool Instructor: Shelly	8.05am - 8.50am Oak Flats 50m Pool Instructor: Mel	8.05am - 8.50am Oak Flats 50m Pool Instructor: Shelly	9.00am - 9.45am Oak Flats 50m Pool Instructor: Shelly Deep water	
Aqua Fit			6.30pm - 7.15pm Oak Flats 50m Pool Instructor: Shelly		7.00am - 7.45am Albion Park 50M Pool Instructor: Shelly	



Aqua Classes, April 2026

Albion Park & Oak Flats Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Mix	8.05am - 8.50am Oak Flats 25m Pool Instructor: Tina/Shelly	8.05am - 8.50am Oak Flats 25m Pool Instructor: Tina			8.05am - 8.50am Oak Flats 25m Pool Instructor: Tina	7.00 am - 7.45am Oak Flats 25m Pool Instructor: Tina/Shelly
Aqua Cardio	9.00am - 9.45am Oak Flats 50m Pool Instructor: Mel		8.05am - 8.50am Oak Flats 50m Pool Instructor: Mel	8.05am - 8.50am Oak Flats 50m Pool Instructor: Shelly	9.00am - 9.45am Oak Flats 50m Pool Instructor: Shelly Deep water	
Aqua Fit			6.30pm - 7.15pm Oak Flats 50m Pool Instructor: Shelly			

