

Aqua Classes, December 2025

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	
Aqua Fit			6.30pm - 7.15pm Oak Flats 50m Pool Instructor: Shelly		7.00am - 7.45am Albion Park 50M Pool Instructor: Shelly	

Christmas Aqua Extravaganza
Tue 16 Dec
All instructors teaching. Wear a festive hat!

No classes from 24/12/25 - 4/1/26.
Timetable resumes 5th January 2026.

Aqua Classes, January 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	
Aqua Fit			6.30pm - 7.15pm Oak Flats 50m Pool Instructor: Shelly		7.00am - 7.45am Albion Park 50M Pool Instructor: Shelly	



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	
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	
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	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	
Aqua Fit			6.30pm - 7.15pm Oak Flats 50m Pool Instructor: Shelly		7.00am - 7.45am Albion Park 50M Pool Instructor: Shelly	

