

Aqua Classes, July 2026

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: Mel Deep water	
Aqua Fit			6.30pm - 7.15pm Oak Flats 25m Pool Instructor: Shelly/Mel			

Please note that we plan to keep this schedule in place through the end of July for all classes held in the 50m pool.
In adverse weather conditions, we will communicate any class relocations or cancellations accordingly.
Please note Friday 9am class is subject to attendance numbers.