


Ringwood Aquatic Centre Aqua Exercise Timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00 am			Young at Heart H&A Pool				
8.30 am		Aqua for Everybody Main Pool			Aqua for Everybody Main Pool		
9.00 am	Young at Heart H&A Pool					Athletic Aqua Dive Pool	
9.30 am							Aqua Power Main Pool
10.00 am	Young at Heart H&A Pool						
10.30 am					PRICES FOR 2010/2011 \$10.80		
11.00 am	Gentle Aqua H&A Pool					<p>Red Flagged Classes Any class that consistently does not meet the minimum requirement of 10 participants will be red flagged. These classes will then be given four weeks to improve, or be discontinued after two more weeks notice. Please support the red flagged classes if you would like to keep them on the timetable.</p>	
1.15 pm			Young at Heart H&A Pool				
6.30 pm	Water Bellies Pre & Post Main Pool						
7.30 pm	Aqua Power Main Pool						

Effective from Term 3 2010.