

Melbourne Sports and Aquatic Centre

HYDROTHERAPY Level 3 Pool Timetable

Effective July 2010



Monday	Open 6:00am Hydrotherapy 6:00am to 1:30pm	ISCHS 1:30pm to 2:30pm	Open 2.30pm Hydrotherapy 2.30pm to 9:00pm		
Tuesday	Open 6:00am Hydrotherapy 6:00am to 12:00am	ISCHS 12pm to 1pm	Swim School 1:00pm- 4:30pm	Open 4:30pm Hydrotherapy 4:30pm to 9:00pm	
Wednesday	Open 6:00am Hydrotherapy 6:00am to 11:00am	Claremont 11:00am- 12:00pm	BOUNCE 12.00pm- 1:00pm	ISCHS 1:00pm to 3:30pm	Open 3:30pm Hydrotherapy 3.30pm to 9:00pm
Thursday	Open 6:00am Hydrotherapy 6:00am to 12:00pm	ISCHS 12pm to 1pm	Alfred Hospital 1pm- 2pm	Swim School 2:00pm- 4:30pm	Open 4:30pm Hydrotherapy 4:30pm to 9:00pm
Friday	Open 6:00am Hydrotherapy 6am to 9.00pm				
Saturday	Open 7:00am Hydrotherapy 7:00am- 10:00am	Swim School 10:00am- 2:00pm		Open 2:00pm Hydrotherapy 2.00pm to 8:00pm	
Sunday	Open 7:00am Hydrotherapy 7:00am- 10:00am	Swim School 10:00am- 2:00pm		Open 2:00pm Hydrotherapy 2.00pm to 8:00pm	