

Melbourne Sports and Aquatic Centre

HYDROTHERAPY Level 3 Pool Timetable

Effective 18th July 2011



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 – 9.00am Hydrotherapy	Alfred Heath 9.00 – 10.30am	Hydrotherapy 10.30 – 1.15pm	SWEAT 1.15pm- 2:15pm	Open 2.15pm Hydrotherapy 2.15pm to 9.00pm	
Saturday	Open 7:00am Hydrotherapy 7:00am- 8:00am	Swim School 8:00am- 2:00pm			Open 2:00pm Hydrotherapy 2.00pm to 8:00pm	
Sunday	Open 7:00am Hydrotherapy 7:00am- 8:00am	Swim School 8:00am- 2:00pm			Open 2:00pm Hydrotherapy 2.00pm to 8:00pm	