

# PORT HUON SPORTS & AQUATIC CENTRE

## Weekly activities

Updated Nov 2024



### In the pool

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>POOL CURRENTLY CLOSED DUE TO POOL REFURBISHMENT (anticipated re-opening January 2025)</b>				
Afternoon					
Evening					

### In the gym

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Morning			Movement and Strength 8:15am		Chairlates 8.15am	
			Pilates 9.15am			
Afternoon						
Evening			Pilates 6.00pm			

### On the court

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Morning					Pickleball 8:30am-10:30am	Pickleball 10am – 1pm
Afternoon				Pickleball 3.00pm-5.00pm	Junior Basketball 3:30pm-5.00pm	
Evening	Mixed Social Basketball 6.00pm-8.00pm		Futsal 5.30pm-7:00pm			

**Chairlates**

All exercises are performed in a seated position \$8.50  
 And are perfect for seniors or beginners.  
 Low impact exercises.

**Futsal – Adult Mixed** \$10.00

Social games for all levels of ability.

**Junior Basketball** \$7.00

Learn the skills of basketball in a fun and relaxed  
 Environment.

**Mixed Social Basketball** \$10.00

Social games open to all ages and levels of ability.

**Movement and Strength** \$15.00

Gentle movement and strength-based  
 exercises to help maintain functional movement.

**Pickleball** \$10.00

Like tennis, but with paddles and under-arm  
 serves. Singles (experienced) on Thursdays,  
 mixed doubles on Fridays and Sundays.

**Pilates** \$15.00

A flowing sequence of exercises to build a  
 foundation of strength, flexibility and control  
 for experienced level.

Friday	8:00am–10:30am   3:00pm–6:00pm
Saturday	Closed
Sunday	10:00am–1:00pm

**Port Huon Sports & Aquatic Centre**

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 Huon Valley, Tasmania

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[www.huonvalley.tas.gov.au](http://www.huonvalley.tas.gov.au)



**Follow us!**

**Opening hours**

Monday	8:00am–10:30am   3:00pm–8:00pm
Tuesday	3:00pm–8:00pm
Wednesday	8:00am–10:00am   3:00pm–8:00pm
Thursday	3:00pm–8:00pm

The Port Huon Sports & Aquatic Centre is proudly owned and  
 operated by Huon Valley Council. If you would like information  
 about other sporting facilities and activities in the Huon Valley  
 please call Council on (03) 6264 0300.