

# What's on H<sup>2</sup>O Xtream!

**Please note:** during Swimming Lessons the Leisure Pool is not open to the public, except for Aqua Jogging.

| DATE   | TIME              | LANE POOL       |                       | ACTIVITY IN REMAINING LANES                       | TIME                             | LEISURE POOL                             |                               |
|--|-------------------|-----------------|-----------------------|---|----------------------------------|--|-------------------------------|
|  |                   | LANES AVAILABLE |                       |   |                                  | ACTIVITY                                 | NO. IN GROUP                  |
| <b>Monday</b><br>10/06/19<br><b>OPEN:</b><br>5.30am - 9pm                                      | 5.30 - 9.00am     | 8               |                       |   | 5.30 - 10am                      | <a href="#">Aqua Jogging</a>             |                               |
|  | 9.00 - 11.45am    | 3               |                       | <a href="#">Hydrorobics</a> (9.20 & 10.30am)      |                                  |  |                               |
|  | 11.45am - 12.30pm | 8               |                       |   |                                  |  |                               |
|  | 12.30 - 2.30pm    | 5               |                       | School Booking                                    |                                  |  |                               |
|  | 3.15 - 6.15pm     | 4               |                       | <a href="#">Wavebreakers Swim School</a>          |                                  |  |                               |
|  | 6.15 - 7.15pm     | 3               |                       | Upper Hutt Swim Club                              |                                  |  |                               |
|  | 7.15 - 9.00pm     | 3               |                       | <a href="#">Hydrorobics</a> (7.35pm)              |                                  |  |                               |
| <b>Tuesday</b><br>11/06/19<br><b>OPEN:</b><br>5.30am - 9pm                                     | 5.30 - 7.00am     | 6               |                       | Upper Hutt Swim Club                              | 5.30 - 10am                      | <a href="#">Aqua Jogging</a>             |                               |
|  | 7.00 - 9.30am     | 8               |                       |   | 10 - 11am                        | <a href="#">Toddler Time</a>             |                               |
|  | 9.30am - 2.00pm   | <b>NONE</b>     |                       | Swimming Sports                                   |                                  |  |                               |
|  | 2.00 - 3.00pm     | 8               |                       |   |                                  |  |                               |
|  | 3.00 - 5.45pm     | 3-4             |                       | <a href="#">Flippaball</a>                        |                                  |  |                               |
|  | 5.45 - 7.30pm     | 3               |                       | <a href="#">Wavebreakers Squad</a>                |                                  |  |                               |
|  | 7.30 - 9.00pm     | 3               |                       | <a href="#">Hydrorobics</a> (7.35pm)              |                                  |  |                               |
| <b>Wednesday</b><br>12/06/19<br><b>OPEN:</b><br>5.30am - 6.30pm                                | 5.30 - 9.00am     | 8               |                       |   | 5.30 - 10am                      | <a href="#">Aqua Jogging</a>             |                               |
|  | 9.00 - 11.45am    | 3               |                       | <a href="#">Hydrorobics</a> (9.20 & 10.30am)      |                                  |  |                               |
|  | 11.45 - 12.30pm   | 8               |                       |   |                                  |  |                               |
|  | 12.30 - 2.30pm    | 4               |                       | School Booking                                    |                                  |  |                               |
|  | 2.30 - 3.15pm     | 8               |                       |   |                                  |  |                               |
|  | 3.15 - 6.15pm     | 4               |                       | <a href="#">Wavebreakers Swim School</a>          |                                  |  |                               |
|  | 6.15 - 6.30pm     | 3               |                       | Upper Hutt Swim Club (will continue as per usual) |                                  |  |                               |
|  | 6.30pm            | <b>NONE</b>     |                       | <b>CLOSED to public - PRIVATE BOOKING</b>         | 6.30pm                           |  | <b>PRIVATE BOOKING</b>        |
| <b>Thursday</b><br>13/06/19<br><b>OPEN:</b><br>5.30am - 9pm                                    | 5.30am - 9.30am   | 6-8             |                       | Group Booking (7.45-9am)                          | 5.30 - 10am                      | <a href="#">Aqua Jogging</a>             |                               |
|  | 10.00 - 11.30am   | 4               |                       | School Booking                                    | 10-11am                          | <a href="#">Toddler Time</a>             |                               |
|  | 11.30am - 12.30pm | 8               |                       |   |                                  |  |                               |
|  | 12.30 - 2.30pm    | 4               |                       | School Booking                                    |                                  |  |                               |
|  | 3.00-5.45pm       | 3-4             |                       | <a href="#">Flippaball</a> + Group Booking        |                                  |  |                               |
|  | 5.45 - 7.15pm     | 3               |                       | <a href="#">Wavebreakers Squad</a>                |                                  |  |                               |
|  | 7.15 - 9.00pm     | 3               |                       | <a href="#">Hydrorobics</a> (7.35pm)              |                                  |  |                               |
| <b>Friday</b><br>14/06/19<br><b>OPEN:</b><br>5.30am - 10pm                                     | 5.30 - 7.00am     | 6               |                       | Upper Hutt Swim Club                              | 5.30 - 10am                      | <a href="#">Aqua Jogging</a>             |                               |
|  | 7.00 - 9.30am     | 8               |                       |   |                                  |  |                               |
|  | 9.30 - 10.15am    | 6               |                       | Group Booking                                     |                                  |  |                               |
|  | 10.15 - 11.45am   | 3               |                       | <a href="#">Hydrorobics</a> (10.30am)             |                                  |  |                               |
|  | 11.45am - 12.30pm | 8               |                       |   |                                  |  |                               |
|  | 12.30 - 2.30pm    | 4               |                       | School Booking                                    |                                  |  |                               |
|  | 3.15 - 6.00pm     | 4               |                       | <a href="#">Wavebreakers Swim School</a>          |                                  |  |                               |
|  | 6.00 - 6.30pm     | 8               |                       |   |                                  |  |                               |
| 7.00 - 10.00pm   | <b>NONE</b>       |                 | <b>Teentime</b>       |   |                                  |  |                               |
| <b>Saturday</b><br>15/06/19<br><b>OPEN:</b><br>8am - 7pm                                       | 8.00 - 11.00am    | 3-4             |                       | <a href="#">Wavebreakers Swim School</a>          | 8 - 10am                         | <a href="#">Aqua Jogging</a>             |                               |
|  | 11.00am - 1.00pm  | 4               |                       | <b>Teentime</b>                                   | 8 - 11am                         | <a href="#">Wavebreakers Swim School</a> |                               |
|  | 1.00 - 4.30pm     | <b>NONE</b>     |                       | <b>Teentime</b>                                   |                                  |  |                               |
|  | 5.00-7.00pm       | 8               |                       |   |                                  |  |                               |
| <b>Sunday</b><br>16/06/19<br><b>OPEN:</b><br>8am - 6.30pm<br><br><b>Women Only:</b><br>7 - 9pm | 8.00 - 8.45am     | 8               |                       |   | 8 - 10am                         | <a href="#">Aqua Jogging</a>             |                               |
|  | 8.45 - 10.15am    | 3               |                       | <a href="#">Hydrorobics</a> (9am)                 | 8 - 10.45am                      | <a href="#">Wavebreakers Swim School</a> |                               |
|  | 10.15 - 11.00am   | 8               |                       |   |                                  |  |                               |
|  | 11.00 - 1.00pm    | 4               |                       | <b>Teentime</b>                                   |                                  |  |                               |
|  | 1.00 - 4.30pm     | <b>NONE</b>     |                       | <b>Teentime</b>                                   |                                  |  |                               |
|  | 5.00 - 6.30pm     | 8               |                       |   |                                  |  |                               |
|  | 6.30pm            |                 |                       | <b>CLOSED TO PUBLIC</b>                           | 6.30pm                           |  | <b>CLOSED TO PUBLIC</b>       |
|  | 7 - 9pm           |                 |                       | <b>WOMENS ONLY SWIM NIGHT</b>                     | 7 - 9pm                          |  | <b>WOMENS ONLY SWIM NIGHT</b> |
| 7 - 9pm  |                   |                 | Lane Swimming/Walking | 7-8pm   | <a href="#">Aqua Jogging</a>     |  |                               |
|  |                   |                 |                       | 8-8.45pm  | <a href="#">Waves and Slides</a> |  |                               |

## Teen Time:

- Friday night 7 - 10pm (Free slides after 7pm)
- Saturday 11am - 7pm (NO lanes available 1 - 5pm)
- Sunday 11am - 5pm (NO lanes available 1 - 5pm)
- Week days during the school holidays: 11am - 5pm (NO lanes available 1 - 5pm)

Don't be confused by the title, it's not only for teenagers - kids & adults alike are more than welcome. TeenTime is a dedicated time when we have the pools full of action, with inflatables, waves, slides, music & more!