

2023 HYDRO FIT CALENDAR

ADELAIDE HYDROTHERAPY POOL

Monday 9am

- Program 1: 9th January - 3rd April **public holiday 13/3**
- Program 2: 17th April - 26th June - **this program is only 10 weeks long due to public holidays 10/4 & 12/6**
- Program 3: 3rd July - 18th September
- Program 4: 25th September - 18th December - **public holiday 2/10**

Wednesday 2pm

- Program 1: 11th January - 29th March
- Program 2: 5th April - 21st June
- Program 3: 5th July - 20th September
- Program 4: 27th September - 13th December

Friday 1:15pm

- Program 1: 3rd February - 31st March
- Program 2: 14th April - 30th June
- Program 3: 7th July - 22nd September
- Program 4: 29th September - 15th December

This calendar is for Hydro Fit programs held at the Welland pool

NIGHT CLASSES - NOVITA POOL

Tuesday 6pm

- Program 1: 10th January - 28th March
- Program 2: 4th April - 27th June - **public holiday 25/5**
- Program 3: 4th July - 19th September
- Program 4: 26th September - 14th December

Thursday 6pm

- Program 1: 12th January - 6th April - **public holiday 26/1**
- Program 2: 13th April - 29th June
- Program 3: 6th July - 21st September
- Program 4: 28th September - 16th December