

Weekly Timetable

Effective January 2026

KEY
AM | PM

WATER FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM				
AQUA DEEP WATER 7:30am • 45mins Wendy	AQUA DEEP WATER 7:30am • 45mins Louisa	AQUA DEEP WATER 7:30am • 45mins Bev		AQUA DEEP WATER 7:30am • 45mins Jana
AQUA AEROBICS 8:15am • 45mins Wendy	AQUA AEROBICS 8:15am • 45mins Louisa	AQUA GENTLE MOVERS 8:15am • 45mins Bev	AQUA DEEP WATER 8:15am • 45mins Wendy	AQUA AEROBICS 8:15am • 45mins Jana
PM				
	AQUA GENTLE MOVERS 1:30pm • 45mins Jana			AQUA GENTLE MOVERS 1:30pm • 45mins Roweena
	AQUA DEEP WATER 2:15pm • 45mins Jana			AQUA DEEP WATER 2:15pm • 45mins Roweena

ALL CLIENTS

PLEASE REPORT
TO STARplex
RECEPTION PRIOR
TO ENTERING THE
POOL AREA.

LAP SWIMMING (SMALL POOL) / RECREATIONAL SWIMMING (SMALL & LARGE POOL)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM						
7:30am - 9am		8am - 9am				
1.30pm - 3pm	12.15pm - 2pm	12.15pm - 2pm				
6.30pm - 8pm	6.30pm - 8pm	6.30pm - 8pm	6.30pm - 8pm	POOL CLOSED		
PM						

HYDROTHERAPY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SMALL POOL AM						
7:30am - 9am	7:30am - 9am	7:30am - 9am	7:30am - 9am	7:30am - 9am		
LARGE POOL AM						
7:45am - 9am	7:45am - 9am	7:45am - 9am	7:45am - 9am	7:45am - 9am		
BOTH POOLS PM (AM Sunday only)					SATURDAY	SUNDAY
1.30pm - 3pm	1.30pm - 3pm	1.30pm - 3pm	1.30pm - 3pm	1.30pm - 3pm	12.15pm - 2pm	8am - 9am + 12.15pm - 2pm

PLEASE NOTE: In order to maintain our high level of water quality it is important for our customers to know that the pools may be shut down on any given day without prior warning. This will only occur if the pools are not operating within the parameters set out by the Guidelines of Safe Pool Operations by the Royal Life Saving Society of Australia. We appreciate your understanding should

•Timetable subject to change •STARplex Swim Centre is closed Public Holidays



SWIM CENTRE - EVANSTON PARK
Further information visit our website or Phone 8522 0622

starplex.com.au