

# Weekly Timetable

Effective September 2026

KEY  
☀ AM  
🌙 PM

## WATER FITNESS

| MONDAY                                      | TUESDAY                                       | WEDNESDAY                                    | THURSDAY                                    | FRIDAY                                           |
|---------------------------------------------|-----------------------------------------------|----------------------------------------------|---------------------------------------------|--------------------------------------------------|
| ☀ AM                                        |                                               |                                              |                                             |                                                  |
| AQUA DEEP WATER<br>7:30am • 45mins<br>Wendy | AQUA DEEP WATER<br>7:30am • 45mins<br>Louisa  | AQUA DEEP WATER<br>7:30am • 45mins<br>Bev    |                                             |                                                  |
| AQUA AEROBICS<br>8:15am • 45mins<br>Wendy   | AQUA AEROBICS<br>8:15am • 45mins<br>Louisa    | AQUA GENTLE MOVERS<br>8:15am • 45mins<br>Bev | AQUA DEEP WATER<br>8:15am • 45mins<br>Wendy | AQUA AEROBICS<br>8:15am • 45mins<br>Sasha        |
| 🌙 PM                                        |                                               |                                              |                                             |                                                  |
|                                             | AQUA GENTLE MOVERS<br>1:30pm • 45mins<br>Jana |                                              |                                             | AQUA GENTLE MOVERS<br>1:30pm • 45mins<br>Roweena |
|                                             | AQUA DEEP WATER<br>2:15pm • 45mins<br>Jana    |                                              |                                             | AQUA DEEP WATER<br>2:15pm • 45mins<br>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 | 7:30am - 9am | 7:30am - 9am | 7:30am - 9am | 7:30am - 9am |               | 8am - 9am     |
| 🌙 PM         |              |              |              |              |               |               |
| 1.30pm - 3pm | 1.30pm - 3pm | 1.30pm - 3pm | 1.30pm - 3pm | 1.30pm - 3pm | 12.15pm - 2pm | 12.15pm - 2pm |
| 6.30pm - 8pm | 6.30pm - 8pm | 6.30pm - 8pm | 6.30pm - 8pm | POOL CLOSED  |               |               |

## 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) |              |              |              |              |               |                              |
| 1.30pm - 3pm                       | 1.30pm - 3pm | 1.30pm - 3pm | 1.30pm - 3pm | 1.30pm - 3pm | 12.15pm - 2pm | 8am - 9am +<br>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

## WATER FITNESS

| CLASS                        | DESCRIPTION                                                                                          |
|------------------------------|------------------------------------------------------------------------------------------------------|
| AQUA<br><b>AEROBICS</b>      | A shallow water, low impact, high intensity workout, working on both upper and lower muscle groups.  |
| AQUA<br><b>DEEP WATER</b>    | A deep water, no impact, intense cardio workout concentrating on both upper and lower muscle groups. |
| AQUA<br><b>GENTLE MOVERS</b> | A shallow water class which is suitable for all ages and clients are able to work at their own pace. |

**Water Fitness And Pregnancy** Water Fitness Classes incorporates gentle exercise to help improve your posture, circulation, sleep and overall health both prior to and following your pregnancy (medical clearance required).

| WATER FITNESS PASSES    | FULL PRICE   | CONCESSION   |
|-------------------------|--------------|--------------|
| Casual pass (per class) | <b>\$20</b>  | <b>\$18</b>  |
| 15 visit pass           | <b>\$165</b> | <b>\$145</b> |
| 3 month pass            | <b>\$210</b> | <b>\$188</b> |

**Ask us about STARplex Memberships?** Did you know you can purchase either Full Club or Gym only Fitness Memberships and have access to the Swim Centre. Ask about our **MyFitLife Program** which caters for lower impact exercises for **50 years+**.

## LAP & RECREATIONAL SWIMMING

### LARGE POOL (25 Metre Heated Pool)

25m x 8 Lanes / 0.9m - 1.8m / Sloping stair entry with guard rail support.

### SMALL POOL (Learners Heated Pool)

3 Lanes / 0.6m - 0.9m / Easy access beach entry with guard rail support.

| LAP/REC SWIM PASSES     | FULL PRICE    | CONCESSION   |
|-------------------------|---------------|--------------|
| Casual pass (per class) | <b>\$7.50</b> | <b>\$6</b>   |
| 15 visit pass           | <b>\$105</b>  | <b>\$90</b>  |
| 3 month pass            | <b>\$152</b>  | <b>\$126</b> |

## HYDROTHERAPY

Suitable for people managing injury or disability, the STARplex Swim Centre Hydrotherapy Program is an excellent way to start any rehabilitation. Casual pass (per session): \$7.50 (includes use of equipment and an exclusive area for Hydrotherapy use).



starplex.com.au  

### SWIM CENTRE

Further information visit our website or Phone 8522 0622

*\*All clients must report to STARplex Reception prior to entering the pool area.*