

WATER FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.30am - 8.15am	AQUA DEEP WATER INSTRUCTOR: Wendy	AQUA DEEP WATER INSTRUCTOR: Louisa	AQUA DEEP WATER INSTRUCTOR: Bev		AQUA DEEP WATER INSTRUCTOR: Jana
8.15am - 9.00am	AQUA AEROBICS INSTRUCTOR: Wendy	AQUA AEROBICS INSTRUCTOR: Louisa	AQUA GENTLE MOVERS INSTRUCTOR: Bev	AQUA DEEP WATER INSTRUCTOR: Wendy	AQUA AEROBICS INSTRUCTOR: Jana
12noon - 12.45pm					AQUA GENTLE MOVERS INSTRUCTOR: Roweena
12.45pm - 1.30pm					AQUA DEEP WATER INSTRUCTOR: Roweena
1.30pm - 2.15pm	POOL CLOSED	AQUA GENTLE MOVERS INSTRUCTOR: Roweena	AQUA GENTLE MOVERS INSTRUCTOR: Jana		

HYDROTHERAPY

POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
small pool	7.30am- 9am	7.30am- 9am	7.30am- 9am	7.30am- 9am	7.30am- 9am		
large pool	7.45am- 9am	7.45am- 9am	7.45am- 9am	7.45am- 9am	7.45am- 9am		
both pools	POOL CLOSED	1.30pm- 2.30pm	1.30pm- 2.30pm	1.30pm- 2.30pm	12noon- 1.30pm	12.15pm- 2pm	8am- 9am & 12.15pm- 2pm

LAP & RECREATIONAL SWIMMING

SESSION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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LAP SWIM (large pool)

morning	7.30am- 9am	7.30am- 9am	7.30am- 9am	7.30am- 9am	7.30am- 9am		8am- 9am
afternoon	POOL CLOSED	1.30pm- 2.30pm	1.30pm- 2.30pm	1.30pm- 2.30pm	12noon - 1.30pm	12.15pm- 2pm	12.15pm- 2pm
evening	6.30pm- 8pm	6.30pm- 8pm	6.30pm- 8pm	6.30pm- 8pm	POOL CLOSED		

RECREATIONAL SWIMMING (both small & large pool available)

morning	7.30am- 9am	7.30am- 9am	7.30am- 9am	7.30am- 9am	7.30am- 9am		8am- 9am
afternoon	POOL CLOSED	1.30pm- 2.30pm	1.30pm- 2.30pm	1.30pm- 2.30pm	12noon- 1.30pm	12.15pm- 2pm	12.15pm- 2pm
evening	6.30pm- 8pm	6.30pm- 8pm	6.30pm- 8pm	6.30pm- 8pm	POOL CLOSED		

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 this occur.

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

STARplex SWIM CENTRE | Phone 8522 0622

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WATER FITNESS CLASSES DESCRIPTIONS

All programs are fully supervised by qualified, accredited and friendly staff

AQUA AEROBICS - A shallow water, low impact, high intensity workout, working on both upper and lower muscle groups.

AQUA DEEP WATER – A deep water, no impact, intense cardio workout concentrating on both upper and lower muscle groups.

AQUA GENTLE MOVERS - 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 and sleep and to maintain ultimate health and fitness both prior to and following your pregnancy (medical clearance required).

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

** Enquire about STARplex Fitness Centre My Fit Life Package which caters specially for lower impact exercise for 50yrs + (includes Group Fitness Classes).*

LAP & RECREATIONAL SWIMMING DETAILS

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.

PASSES (LAP/REC SWIM)	FULL PRICE	CONCESSION
Casual pass (per session)	\$7.50	\$6
15 visit pass	\$105	\$90
3 month pass	\$152	\$126

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).**

NOTE: All clients must report to STARplex main reception prior to entering the pool area.

For further information visit our website www.starplex.com.au or **Phone 8522 0622**