

# 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.

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

**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	\$160	\$140
3 month pass	\$205	\$183

\* Enquire about STARplex Fitness Centre My Fit Life Package which caters specially for lower impact exercise (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	\$87
3 month pass	\$147	\$121

## 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, contact our Membership Services Team on 8522 0622 or send us an email [enquire@starplex.com.au](mailto:enquire@starplex.com.au)



at Trinity College



# SWIM CENTRE

- WATER FITNESS CLASSES
- LAP & RECREATIONAL SWIM
- HYDROTHERAPY

## TIMETABLE 2019

### WATER FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.30am - 8.15am	DEEP WATER Aqua	DEEP WATER Aqua			DEEP WATER Aqua
8.15am - 9.00am	AEROBICS Aqua	AEROBICS Aqua	GENTLE MOVERS Aqua	DEEP WATER Aqua	GENTLE MOVERS Aqua
1.30pm - 2.15pm	GENTLE MOVERS Aqua	GENTLE MOVERS Aqua	GENTLE MOVERS Aqua	DEEP WATER Aqua	GENTLE MOVERS Aqua
2.15pm - 3.00pm			DEEP WATER Aqua		

### HYDROTHERAPY

POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
small pool	6.30am - 9am	6.30am - 9am	6.30am - 9am	7.30am - 9am	6.30am - 9am		
large pool	7.45am - 9am	7.45am - 9am	7.45am - 9am	7.45am - 9am	7.45am - 9am		
both pools	1.30pm - 3pm	1.30pm - 3pm	1.30pm - 3pm	1.30pm - 3pm	1.30pm - 3pm	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	6.30am - 9am	6.30am - 9am	6.30am - 9am	7.30am - 9am	6.30am - 9am		8am - 9am
afternoon	1.30pm - 3pm	1.30pm - 3pm	1.30pm - 3pm	1.30pm - 3pm	1.30pm - 3pm	12.15pm - 2pm	12.15pm - 2pm
evening	6.30pm - 8pm	6.30pm - 8pm	6.30pm - 8pm	POOL CLOSED			

#### RECREATIONAL SWIMMING (both small & large pool available)

morning							8am - 9am
afternoon	1.30pm - 3pm	1.30pm - 3pm	1.30pm - 3pm	1.30pm - 3pm	1.30pm - 3pm	12.15pm - 2pm	12.15pm - 2pm
evening	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 • Classes will not run on a Public Holiday