



# FITNESS CENTRE

**Phone No. (02) 9314 4212**

[www.thejuniors.com.au](http://www.thejuniors.com.au)

## Fitness Centre Hours

Hours of operation are as follows-

Monday - Friday	5.45am - 9.00pm
Saturday & Sunday	6.45am - 6.00pm
Public Holidays	9.00am - 2.00pm

## Cost

The prices below allow the use of all fitness centre facilities e.g. gym, classes, steam, pool & squash courts-

- \$8 Casual Visit - Club Member
- \$12 Casual Visit - Non Club Member
- \$5 Seniors Card Holder Visit (Between 10am - 3pm Mon - Fri, 1pm - 6pm Sat/Sun only)
- \$4 Pensioner (Aged, Veterans, Disability & Carers Pension only) \*\*\*See below for conditions

## Memberships

- \$65 Monthly membership
- \$180 Three Monthly Membership
- \$310 Half Yearly Membership
- \$500 Yearly Membership

### \*\*\*Pensioner Conditions

\*All facilities – 6am-3pm, Mon-Fri  
1pm-6pm, Sat & Sun  
Squash only – All Day  
*Pension Card must be  
produced on request*

## Squash Courts Times available to members-

Monday	9.00am - 9.00pm
Tuesday, Wednesday & Thursday	9.00am - 7.00pm
Friday	9.00am - 9.00pm
Saturday & Sunday	9.00am - 6.00pm

**Court Bookings** are for ½ hour or 1 hour maximum. **For bookings call (02) 93 144 212.**

**Steam Rooms** Steam rooms are available in both male and female change rooms. **Bath sized towels must be used.**

## Pool Availability.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	3 Lanes	5 Lanes	3 Lanes	5 Lanes	3 Lanes	Closed	Closed
6.30	3 Lanes	5 Lanes	3 Lanes	5 Lanes	3 Lanes	Closed	Closed
7.00	5 Lanes	5 Lanes	5 Lanes	5 Lanes	5 Lanes	Learn 2 Swim	Learn 2 Swim
7.30	5 Lanes	5 Lanes	5 Lanes	5 Lanes	5 Lanes	Learn 2 Swim	Learn 2 Swim
8.00	Aqua	Aqua	5 Lanes	5 Lanes	Aqua	Learn 2 Swim	Learn 2 Swim
8.30	Aqua	Aqua	5 Lanes	5 Lanes	Aqua	Learn 2 Swim	Learn 2 Swim
9.00	5 Lanes	Aqua	4 Lanes	Aqua	Aqua	Learn 2 Swim	Learn 2 Swim
9.30	5 Lanes	Aqua	4 Lanes	Aqua	Aqua	5 Lanes	5 Lanes
10.00	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	5 Lanes	5 Lanes
10.30	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	5 Lanes	5 Lanes
11.00	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	5 Lanes	5 Lanes
11.30	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	5 Lanes	5 Lanes
12.00pm	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	5 Lanes	5 Lanes
12.30	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	5 Lanes	5 Lanes
1.00	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	5 Lanes	5 Lanes
1.30	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	5 Lanes	5 Lanes
2.00	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	5 Lanes	5 Lanes
2.30	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	5 Lanes	5 Lanes
3.00	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	5 Lanes	5 Lanes
3.30	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	5 Lanes	5 Lanes
4.00	4 Lanes	4 Lanes	4 Lanes	5 Lanes	4 Lanes	5 Lanes	5 Lane
4.30	5 Lanes	5 Lanes	5 Lanes	5 Lanes	5 Lanes	5 Lanes	5 Lane
5.00	5 Lanes	5 Lanes	5 Lanes	5 Lanes	5 Lanes	5 Lanes	5 Lane
5.30	5 Lanes	5 Lanes	5 Lanes	5 Lanes	5 Lanes	5 Lanes	5 Lane
6.00	Aqua	5 Lanes	Aqua	5 Lanes	5 Lanes	Closed	Closed
6.30	Aqua	5 Lanes	Aqua	5 lanes	5 Lanes	Closed	Closed
7.00	3 Lanes	Swim Club	5 Lanes	Swim Club	5 Lanes	Closed	Closed
7.30	3 Lanes	Swim Club	5 Lanes	Swim Club	5 Lanes	Closed	Closed
8.00	5 Lanes	Swim Club	5 Lanes	Swim Club	5 Lanes	Closed	Closed
8.30	5 Lanes	Swim Club	5 Lanes	Swim Club	5 Lanes	Closed	Closed
9.00	Closed	Closed	Closed	Closed	Closed	Closed	Closed

**Dress** Gym patrons may enter and exit the club wearing gym attire (e.g. singlets, thongs etc) once inside the Gymnasium, **gym shoes must be worn**, NO sandals, open shoes or work boots permitted. Thongs can only be worn in the change rooms or pool area. **Entry into other areas of club dress code is enforced.**

**Last Updated: 9-1-12**