



FITNESS CENTRE

Phone No. (02) 9314 4212

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	2 Lanes	5 Lanes	2 Lanes	5 Lanes	2 Lanes	Closed	Closed
6.30	2 Lanes	5 Lanes	2 Lanes	5 Lanes	2 Lanes	Closed	Closed
7.00	2 Lanes	5 Lanes	2 Lanes	5 Lanes	2 Lanes	Learn 2 Swim	Learn 2 Swim
7.30	2 Lanes	5 Lanes	2 Lanes	5 Lanes	2 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	5 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	5 Lanes	5 Lanes
10.30	5 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	5 Lanes	5 Lanes
11.00	5 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	5 Lanes	5 Lanes
11.30	5 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	5 Lanes	5 Lanes
12.00pm	5 Lanes	5 Lanes	4 Lanes	5 Lanes	5 Lanes	5 Lanes	5 Lanes
12.30	5 Lanes	5 Lanes	4 Lanes	5 Lanes	5 Lanes	5 Lanes	5 Lanes
1.00	5 Lanes	5 Lanes	4 Lanes	5 Lanes	5 Lanes	3 Lanes	5 Lanes
1.30	5 Lanes	5 Lanes	4 Lanes	5 Lanes	5 Lanes	3 Lanes	5 Lanes
2.00	5 Lanes	5 Lanes	4 Lanes	5 Lanes	5 Lanes	3 Lanes	5 Lanes
2.30	4 Lanes	5 Lanes	4 Lanes	5 Lanes	4 Lanes	3 Lanes	5 Lanes
3.00	4 Lanes	5 Lanes	4 Lanes	5 Lanes	4 Lanes	2 Lanes	5 Lanes
3.30	2 Lanes	Learn 2 Swim	2 Lanes	Learn 2 Swim	2 Lanes	2 Lanes	5 Lanes
4.00	2 Lanes	Learn 2 Swim	2 Lanes	Learn 2 Swim	2 Lanes	2 Lanes	5 Lane
4.30	2 Lanes	Learn 2 Swim	2 Lanes	Learn 2 Swim	2 Lanes	5 Lanes	5 Lane
5.00	2 Lanes	Learn 2 Swim	5 Lanes	Learn 2 Swim	2 Lanes	5 Lanes	5 Lane
5.30	5 Lanes	5 Lanes	5 Lanes	5 Lanes	2 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	5 Lanes	Swim Club	5 Lanes	Swim Club	5 Lanes	Closed	Closed
7.30	5 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: 9-02-12