



Fitness Centre Hours

Mon Tue Wed Thur	5:30am – 11:30pm
Friday	5:30am – 9:00pm
Saturday	7:00am – 7:00pm
Sunday	7:00am – 6:00pm
Public Holidays	9:00am – 2:00pm

Phone No. (02) 9314 4212

www.thejuniors.com.au

Cost

The prices below allow the use of all fitness centre facilities e.g. Gym, Classes, Steam & Pool

- \$12 Casual Visit - Club Member
- \$15 Casual Visit - Non Club Member
- \$8 Seniors Card Holder Visit (Between 10am - 3pm Mon - FRI, 1pm - 6pm SAT/SUN only)
- \$7 Pensioner (Aged, Vet, Dis & Carer) Between 5:30am – 3pm - MON - FRI

Memberships

1:00pm – 6pm – SAT - SUN
ALL DAY – Public Holiday

- \$82 Monthly membership
- \$225 Three Monthly Membership
- \$385 Half Yearly Membership
- \$595 Yearly Membership

Learn To Swim Classes – Children

Our “In The Deep” swim school conduct classes Monday to Sunday for the **children of members** from 6 months of age.

Bookings are essential and can be made via the website at www.inthedeep.com.au

For costs and further information contact 0425275888 or www.facebook.com/inthedeepswimming

Chad's Squad Swimming

Children and adult squad sessions are conducted MON, WED and FRI mornings between 6am & 8am

Contact Chad on (02) 9665 1662

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

TERM 1 POOL AVAILABILITY (29TH JAN – 12TH APR)

MONDAY	TUESDAY	WEDNESDAY
5.30am to 6.00am 5 Lanes	5.30am to 9.00am 5 Lanes	5.30am to 6.00am 5 Lanes
6.00am to 8.00am 2 Lanes	9.00am to 10.00am 1 or 2 Lanes	6.00am to 8.00am 2 lanes
8.00am to 9.00am 1 or 2 Lanes	10.00am to 12.00pm 4 Lanes	8.00am to 9.00am 1 or 2 Lanes
9.00am to 10.00am 5 Lanes	12.00pm to 3.30pm 5 Lanes	9.00am to 12.00pm 4 Lanes
10.00am to 12.00pm 4 Lanes	3.30pm to 6.00pm No Lanes	12.00pm to 2.30pm 5 Lanes
12.00pm to 2.30pm 5 Lanes	6.00pm to 6.30pm 2 Lanes	2.30pm to 3.30pm 4 lanes
2.30pm to 3.30pm 4 Lanes	6.30pm to 7.00pm 4 Lanes	3.30pm to 6.00pm No Lanes
3.30pm to 6.00pm No Lanes	7.00pm to 9.00pm No Lanes	6.00pm to 7.00pm 1 or 2 Lanes
6.00pm to 7.00pm 1 or 2 Lanes	9.00pm to Close 5 Lanes	7.00pm to Close 5 Lanes
7.00pm to Close 5 Lanes		
THURSDAY	FRIDAY	SAT
5.30am to 9.00am 5 Lanes	5.30am to 6.00am 5 Lanes	7.00am to 11.30am No Lanes
9.00am to 10.00am 1 or 2 Lanes	6.00am to 8.00am 2 Lanes	11.30am to 3.00pm 1 Lane
10.00am to 12.00pm 4 Lanes	8.00am to 9.00am 1 or 2 Lanes	3.00pm to Close 5 Lanes
12.00pm to 3.30pm 5 Lanes	9.00am to 10.00am 5 Lanes	
3.30pm to 6.00pm No Lanes	10.00am to 12.00pm 4 Lanes	SUN
6.00pm to 6.30pm 1 Lane	12.00pm to 2.00pm 5 Lanes	7.00am to 10.00am No Lanes
6.30pm to 7.00pm 4 Lanes	2.00pm to 3.30pm 4 Lanes	10.00am to 10.30am 4 Lanes
7.00pm to 9.00pm No Lanes	3.30pm to 4.30pm No Lanes	10.30am to 2.00pm 5 Lanes
9.00pm to Close 5 Lanes	4.30pm to 6.00pm 1 Lane	2.00pm to 5.00pm 1 Lane
	6.00pm to 6.30pm 4 Lanes	5.00pm to Close 5 lanes
	6.30pm to Close 5 Lanes	