

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

**Cost – Gym Memberships**

**Direct Debit Members**

- Full Member \$19.95pw
- Uni Student \$15.95pw
- Pension Member \$14.95pw
- Junior Member \$13.95pw

	<b>Prepaid Memberships</b>		
	<b>1 Month</b>	<b>6 Month</b>	<b>12 Month</b>
All Members	\$82.00	\$385.00	\$595.00
Uni Student	\$65.00	\$282.00	\$455.00
Junior	\$50.00	\$300.00	\$400.00

Note: \*Junior Member (16 & 17 years old) \*Pension Member – Unlimited access with Direct Debit

**Casual Visits**

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

**In The Deep Swim School**

Lessons are conducted for the children of **club members** from 6 months of age Monday to Sunday.

Bookings are essential [www.inthedeep.com.au](http://www.inthedeep.com.au)

Further information [www.facebook.com/inthedeepswimming](https://www.facebook.com/inthedeepswimming)

**Chad's Squad Swimming**

Children and adult squad sessions: Monday/Wednesday/Friday (6.00am to 8.00am) - Contact Chad on (02) 9665 1662

**Lockers** – Available on request free of charge.

**Dress** – Gym clothing and gym shoes must be worn. No sandals, open shoes or work boots permitted.

**POOL AVAILABILITY (3/6/19 – 24/6/19)**

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    1 Lanes	2.30pm to 3.30pm    5 lanes
2.30pm to 3.30pm    4 Lanes	6.30pm to 7.00pm    3 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	<b>SUN</b>
3.30pm to 6.00pm    No Lanes	10.00am to 12.00pm    4 Lanes	7.00am to 10.00am    No Lanes
6.00pm to 6.30pm    1 Lane	12.00pm to 2.30pm    5 Lanes	10.00am to 10.30am    4 Lanes
6.30pm to 7.00pm    4 Lanes	2.30pm to 3.30pm    4 Lanes	10.30am to 2.00pm    5 Lanes
7.00pm to 9.00pm    No Lanes	3.30pm to 4.30pm    No Lanes	2.00pm to 5.00pm    1 Lane
9.00pm to Close    5 Lanes	4.30pm to 6.00pm    1 Lane	5.00pm to Close    5 lanes
	6.00pm to 6.30pm    4 Lanes	
	6.30pm to Close    5 Lanes	

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