

Fitness Centre Hours

Phone No. (02) 9314 4212

www.thejuniors.com.au

Mon Tue Wed Thur	5:30am – 10:00pm
Friday	5:30am – 9:00pm
Saturday	7:00am – 7:00pm
Sunday	7:00am – 6:00pm
Public Holidays	9:00am – 2:00pm

Cost – Gym Memberships

Direct Debit Members

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

Prepaid Memberships

	1 Month	6 Month	12 Month
All Members	\$89.00	\$425.00	\$650.00
Uni Student	\$75.00	\$320.00	\$500.00
Junior	\$60.00	\$300.00	\$400.00

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

Casual Visits

- \$13 Casual Visit - Club Member
- \$18 Casual Visit - Non Club Member
- \$9 Seniors Card Holder Visit (Between 10am - 3pm Mon - FRI, 1pm - 6pm SAT/SUN only)
- \$8 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

Further information 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 (22/7/19 – 29/9/19)

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 3.15pm	5 Lanes	9.00am to 12.00pm	4 Lanes
10.00am to 12.00pm	4 Lanes	3.15pm to 6.00pm	No Lanes	12.00pm to 3.15pm	5 Lanes
12.00pm to 2.30pm	5 Lanes	6.00pm to 6.30pm	2 Lanes	3.15pm to 6.00pm	No Lanes
2.30pm to 3.15pm	4 Lanes	6.30pm to 7.00pm	4 Lanes	6.00pm to 7.00pm	1 or 2 Lanes
3.15pm to 6.00pm	No Lanes	7.00pm to 9.00pm	No Lanes	7.00pm to Close	5 Lanes
6.00pm to 7.00pm	1 or 2 Lanes	9.00pm 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 3.15pm	5 Lanes	9.00am to 10.00am	5 Lanes		
3.15pm to 6.00pm	No Lanes	10.00am to 12.00pm	4 Lanes	SUN	
6.00pm to 6.30pm	2 Lane	12.00pm to 2.30pm	5 Lanes	7.00am to 10.00am	No Lanes
6.30pm to 7.00pm	4 Lanes	2.30pm to 3.15pm	4 Lanes	10.00am to 10.30am	4 Lanes
7.00pm to 9.00pm	No Lanes	3.15pm to 5.00pm	1 Lane	10.30am to 2.00pm	5 Lanes
9.00pm to Close	5 Lanes	5.00pm to 6.00pm	No 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		