



Fitness Centre Hours

Mon|Tue|Wed|Thur 5.30am - 1.00am
 Friday 5.30am - 9.00pm
 Saturday & 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

- \$10 Casual Visit - Club Member
- \$14 Casual Visit - Non Club Member
- \$7 Seniors Card Holder Visit (Between 10am - 3pm Mon - FRI, 1pm - 6pm SAT/SUN only)
- \$6 Pensioner (Aged, Vet, Dis & Carer) Between 5:30am – 3pm - MON - FRI

Memberships

- \$74 Monthly membership
- \$205 Three Monthly Membership
- \$350 Half Yearly Membership
- \$540 Yearly Membership

1.00pm – 6pm – SAT - SUN
 ALL DAY – Public Holiday

Learn To Swim Classes – Children & Adults

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.**

Pool Availability.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30am	5 Lanes	5 Lanes	5 Lanes	5 Lanes	5 Lanes	CLOSED	CLOSED
6.00	2 Lanes	3 Lanes	2 Lanes	5 Lanes	2 Lanes	CLOSED	CLOSED
6.30	2 Lanes	3 Lanes	2 Lanes	5 Lanes	2 Lanes	CLOSED	CLOSED
7.00	2 Lanes	3 Lanes	2 Lanes	5 Lanes	2 Lanes	Learn 2 Swim	Learn 2 Swim
7.30	2 Lanes	3 Lanes	2 Lanes	5 Lanes	2 Lanes	Learn 2 Swim	Learn 2 Swim
8.00	1 or 2 Lanes Aqua	1-2 Lanes Aqua	5 Lanes	5 Lanes	1 or 2 Lanes Aqua	Learn 2 Swim	Learn 2 Swim
8.30	1 or 2 Lanes Aqua	1-2 Lanes Aqua	5 Lanes	5 Lanes	1 or 2 Lanes Aqua	Learn 2 Swim	Learn 2 Swim
9.00	5 Lanes	1-2 Lanes Aqua	4 Lanes	1 or 2 Lanes Aqua	1 or 2 Lanes Aqua	Learn 2 Swim	Learn 2 Swim
9.30	5 Lanes	1-2 Lanes Aqua	4 Lanes	1 or 2 Lanes Aqua	1 or 2 Lanes Aqua	Learn 2 Swim	Learn 2 Swim
10.00	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	Learn 2 Swim	5 Lanes 10:10
10.30	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	1 Lanes	5 Lanes
11.00	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	1 Lanes	5 Lanes
11.30	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	1 Lanes	5 Lanes
12.00pm	5 Lanes	5 Lanes	5 Lanes	5 Lanes	5 Lanes	1 Lanes	5 Lanes
12.30	5 Lanes	5 Lanes	5 Lanes	5 Lanes	5 Lanes	1 Lanes	5 Lanes
1.00	5 Lanes	5 Lanes	5 Lanes	5 Lanes	5 Lanes	1 Lanes	5 Lanes
1.30	5 Lanes	5 Lanes	5 Lanes	5 Lanes	5 Lanes	1 Lanes	5 Lanes
2.00	4 Lanes	5 Lanes	5 Lanes	5 Lanes	5 Lanes	1 Lanes	1 Lanes
2.30	4 Lanes	5 Lanes	5 Lanes	5 Lanes	3 Lanes	1 Lanes	1 Lanes
3.00	4 Lanes	4 Lanes	4 Lanes	3 Lanes	3 Lanes	5 Lanes	1 Lanes
3.30	Learn 2 Swim	Learn 2 Swim	Learn 2 Swim	Learn 2 Swim	1 Lanes	5 Lanes	1 Lanes
4.00	Learn 2 Swim	Learn 2 Swim	Learn 2 Swim	Learn 2 Swim	1 Lane	5 Lanes	1 Lanes
4.30	Learn 2 Swim	Learn 2 Swim	Learn 2 Swim	Learn 2 Swim	1 Lane	5 Lanes	1 Lanes
5.00	Learn 2 Swim	Learn 2 Swim	Learn 2 Swim	Learn 2 Swim	1 Lane	5 Lanes	5 Lanes
5.30	3 Lanes	3 Lanes	3 Lanes	2 Lanes	1 Lanes	5 Lanes	5 Lanes
6.00	1 or 2 Lanes Aqua	3 Lanes	1or2 LanesAqua	3 Lanes	5 Lanes	Closed	Closed
6.30	1 or 2 Lanes Aqua	5 Lanes	1or2 LanesAqua	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	5 Lanes	5 Lanes	5 Lanes	5 Lanes	Closed	Closed	Closed
9.30 – 1am	5 Lanes	5 Lanes	5 Lanes	5 Lanes	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: 17/8/17