



**SGAC**  
AQUATICS

## INFORMATION BOOKLET

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# AQUATICS GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00AM		AQUA X <span>30</span>			
8:00AM				AQUA AEROBICS / STAYING ACTIVE (WET) <span>45</span>	
9:30AM	STAYING ACTIVE (DRY) <span>45</span>	AQUA AEROBICS / STAYING ACTIVE (WET) <span>45</span>		AQUA X <span>30</span>	STAYING ACTIVE (DRY) <span>45</span>
7:00PM	AQUA AEROBICS <span>45</span>	AQUA ZUMBA <span>45</span>	AQUA AEROBIC HIIT <span>45</span>		
8:00PM	AQUA X <span>30</span>		AQUA X <span>30</span>		

## AQUATICS FITNESS CLASS DESCRIPTIONS

**AQUA AEROBICS (45 MIN)** - Low impact water workout for all levels that includes cardio, muscle conditioning and core strengthening exercises using a variety of buoyancy equipment.

**AQUA AEROBICS HIIT (45 MIN)** - High intensity workout focusing on cardio and strength incorporating interval style training done in shallow and deep water.

**AQUA X (30 MIN)** - Workout on water utilising traditional gym exercises on the Boga FitMat. The platform uses controlled instability to create a unique cardio, strength and core workout.

**AQUA ZUMBA** - A blend of Zumba and traditional aqua fitness to create a safe & challenging water based workout that is great for conditioning, toning and cardio fitness.

## STAYING ACTIVE

There are two types of, easily accessible, classes. The first being Aqua Aerobics, a wet class, focusing on improving cardio vascular health and improve range of movement in a low intensity environment. The second type, a dry class, is a gentle land based exercise class to improve load-bearing capabilities focusing on strengthening and balance.

**PER SESSION:** \$5.00 PER VISIT

**FOUR SESSIONS:** \$15.00

**BOOKINGS ARE ESSENTIAL**

# LAP & RECREATIONAL SWIMMING TABLE

SESSIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LAP SWIM (PROGRAM POOL)</b>							
<b>MORNING</b>	5:30AM	5:30AM	5:30AM	5:30AM	5:30AM	6:00AM	6:00AM
	-	-	-	-	-	-	-
<b>AFTERNOON</b>	12:00PM	12:00PM	12:00PM	12:00PM	12:00PM	12:00PM	12:00PM
	-	-	-	-	-	-	-
<b>EVENING</b>	12:00PM	12:00PM	12:00PM	12:00PM	12:00PM	12:00PM	12:00PM
	4:00PM	4:00PM	4:00PM	4:00PM	4:00PM	7:00PM	7:00PM
<b>MORNING</b>	7:00PM	7:00PM	7:00PM	7:00PM	7:00PM	POOL CLOSED	POOL CLOSED
	-	-	-	-	-		
<b>AFTERNOON</b>	9:00PM	9:00PM	9:00PM	9:00PM	9:00PM	POOL CLOSED	POOL CLOSED
	-	-	-	-	-		
<b>RECREATIONAL SWIMMING (LEARN TO SWIM POOL)</b>							
<b>MORNING</b>	5:30AM	5:30AM	5:30AM	5:30AM	5:30AM	6:00AM	6:00AM
	-	-	-	-	-	-	-
<b>AFTERNOON</b>	9:00AM	9:00AM	9:00AM	9:00AM	9:00AM	8:00AM	8:00AM
	-	-	-	-	-	-	-
<b>EVENING</b>	12:00PM	12:00PM	12:00PM	12:00PM	12:00PM	3:00PM	3:00PM
	3:30PM	3:30PM	3:30PM	3:30PM	3:30PM	7:00PM	7:00PM
<b>MORNING</b>	7:00PM	7:00PM	8:30PM	7:00PM	7:00PM	POOL CLOSED	POOL CLOSED
	-	-	-	-	-		
<b>AFTERNOON</b>	9:00PM	9:00PM	9:00PM	9:00PM	9:00PM	POOL CLOSED	POOL CLOSED
	-	-	-	-	-		

**POOL AVAILABILITY TIMES ARE SUBJECT TO CHANGE**

# SGAC

## AQUATICS

AQUA GROUP FITNESS PASSES	FULL PRICE	CONCESSION
Casual Pass (Per Class)	\$15.00	\$10.00

MEMBERSHIP	PRICE	WHAT DOES IT INCLUDE?
Aqua Group Fitness Membership	\$30.00 Fortnight Direct Debit	<ul style="list-style-type: none"> <li>Up to ANY three (3) Aqua Group fitness classes (bookings essential)</li> <li>Unlimited use of the SGAC Aquatic Centre - subject to pool availability</li> <li>No minimum term</li> </ul>

### LAP AND RECREATIONAL SWIMMING DETAILS

**PROGRAM POOL (25 METRE HEATED POOL)** - 25m X 5 lanes / 1.2m - 2.1m / Sloping stair entry with guard rail support and pool side ladders / heated to 28 degrees / mobility hoist accessibility

**LEARN TO SWIM POOL (25 METRE HEATED POOL)** - 25m X 5 lanes / 0.8m - 1.2m / pool side ladders and mobility hoist accessibility / heated to 32 degree

PASSES (LAP/ REC SWIM)	FULL PRICE	CONCESSION
Casual Pass (Per Class)	\$7.50	\$5.60
10 Visit Pass	\$65.00	\$50.00

MEMBERSHIP	PRICE	WHAT DOES IT INCLUDE?
Unlimited Pool Membership	\$25.00 Fortnight Direct Debit	<ul style="list-style-type: none"> <li>Unlimited use of the SGAC Aquatic Centre - subject to pool availability</li> <li>No minimum term</li> </ul>