



LANE AVAILABILITY TIMETABLE

TERM 1, 2026



OPEN		5.30	6.00	7.00	8.00	9.00	10.00	11.00	12.00	1.00	2.00	3.00	4.00	5.00	6.00	7.00	7.30
	MON	LESSON POOL			GENTLE AQUA		LEARN TO SWIM			SCHOOLS		THERAPY		LEARN TO SWIM		AQUA AEROBICS	
	TUES	LESSON POOL					LEARN TO SWIM		THERAPY	ARTHITIS NSW				LEARN TO SWIM			
	WED	LESSON POOL		GENTLE AQUA			LEARN TO SWIM		GENTLE AQUA	SCHOOLS		THERAPY		LEARN TO SWIM		AQUA AEROBICS	
	THURS	LESSON POOL					LEARN TO SWIM		THERAPY					LEARN TO SWIM		AQUA HIIT	
	FRI	LESSON POOL					LEARN TO SWIM		GENTLE AQUA	SCHOOLS		THERAPY		LEARN TO SWIM			
	SAT	LESSON POOL					LEARN TO SWIM		MEMBERS ONLY								
	Sun	LESSON POOL															



LEARNTOSWIM@360FITNESSCLUB.COM.AU



67 623639 (ASK FOR LEARN TO SWIM)



AQUATIC CLASSES INFORMATION



Gentle Aqua: A class designed to target holistic health & fitness, including whole body strength, endurance, balance & cardiovascular fitness. Appropriate for those who are injured, ageing or would just like a more gentle class in a water environment. LESSON POOL



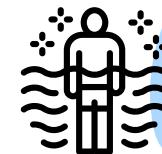
Aqua Aerobics: A class to get you moving, using the water resistance of our programming pool to tone your body. Have fun moving to music suitable for all fitness levels. LESSON POOL



Aqua HIIT: This class is designed to get you moving while getting your heart rate up with high intensive movements in the water. LESSON POOL



Aqua Zumba: This is a water workout, with a fun and energetic twist. Use large muscle groups all while submerged in water. Body-toning, cardiovascular heart rate training and endurance. Have a splash-tastic time. LESSON POOL



Therapy Time: This is a scheduled child free time for members who wish to use the lesson pool for therapy & gentle exercise only.



Senior Squads: Bring swimmers together to train harder, swim smarter, and grow stronger through structured performance sessions..LESSON POOL

POOL OPENING HOURS

MON - FRI	5:30AM - 7:00PM
SAT	7:00AM - 12:00PM
SUN	9:00AM - 1:00PM

CRECHE OPENING HOURS

MON - FRI	9:AM - 12PM & 3PM - 7:30PM
SAT	8:45AM - 12:00PM
SUN	CLOSED

FACILITIES & SERVICES

- MORE THAN 50 GROUP FITNESS CLASSES A WEEK
- UP TO 3 GROUP FITNESS CLASSES RUN SIMULTANEOUSLY ACROSS OUR 2 SEPARATE FITNESS STUDIOS, A DESIGNATED SPIN ROOM AND REFORMER PILATES STUDIO
- INDOOR AQUATIC CENTRE FEATURING A LESSON POOL
- CRÈCHE FACILITIES FOR BABIES FROM 8 WEEKS OLD TO KIDS AGED UP TO 12
- NOURISH CAFE SERVING FRESH COFFEE & DELICIOUS MEALS
- 360 HEALTH CLINIC OFFERING AN EXERCISE PHYSIOLOGIST & SPECIALISED CLASSES

ONE OFF EVENTS DO TAKE PLACE FROM TIME TO TIME SO PLEASE CHECK WITH THE TEAM



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