



# 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	ARTHRITIS 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				SENIOR SQUADS		LEARN TO SWIM			GENTLE AQUA	SCHOOLS	THERAPY	LEARN TO SWIM					
SAT	LESSON POOL				LEARN TO SWIM				MEMBERS ONLY									
Sun	LESSON POOL																	

Starts 7:15

Starts 12:15

Starts 6:45

Starts 6:30

Starts 12:15



LEARNTOSWIM@360FITNESSCLUB.COM.AU



67 623639 (ASK FOR LEARN TO SWIM)



# AQUATIC CLASSES INFORMATION



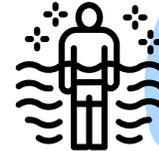
**Gentle Aqua:** A class designed to target holistic health & fitness, including whole body strength, endurance, balance & cardiovascular fitness. Appropriate for those who are injured, ageing or would just like a more gentle class in a water environment. LESSON POOL



**Aqua 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



**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



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



**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



**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	9AM - 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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