



LANE AVAILABILITY TIMETABLE

TERM 4, 2025



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	
	LANES FREE	8	3	5	8	8	8	8	8	8	8	7	7	5	5	5	5	0
Mon	SQUADS		TCSS										LEARN TO SWIM					CLOSED
			KOOTINGAL															
	LESSON POOL					GENTLE AQUA	LEARN TO SWIM					SCHOOLS	THERAPY	LEARN TO SWIM			AQUA AEROBICS	
Tues	LANES FREE	8	2	2	8	8	8	8	8	8	8	8	6	6	6	6	8	0
	SQUADS		KOOTINGAL										LEARN TO SWIM					CLOSED
			SCULLY															
	LESSON POOL						LEARN TO SWIM				THERAPY	ARTHRITIS NSW			LEARN TO SWIM			
Wed	LANES FREE	8	6	6	8	8	8	8	8	8	8	8	7	7	7	8	8	0
	SQUADS		TCSS										LEARN TO SWIM					CLOSED
	LESSON POOL				GENTLE AQUA			LEARN TO SWIM				GENTLE AQUA	SCHOOLS	THERAPY	LEARN TO SWIM			
Thurs	LANES FREE	8	2	2	8	8	8	8	8	8	8	8	7	7	7	8	8	0
	SQUADS		TCSS										LEARN TO SWIM					CLOSED
			SCULLY															
	LESSON POOL						LEARN TO SWIM				THERAPY	SCHOOLS		LEARN TO SWIM				
Fri	LANES FREE	8	3	3	6	6	8	8	8	8	8	8	7	7	7	8	8	0
	SQUADS		KOOTINGAL		SENIORS SQUAD								LEARN TO SWIM					CLOSED
			TCSS															
	LESSON POOL						LEARN TO SWIM				GENTLE AQUA	SCHOOLS	THERAPY	LEARN TO SWIM				
Sat	LANES FREE			8	6	6	6	6	7	7	7	7	7	8	0	NO PUBLIC AVAILABILITY TO THE LESSON POOL MONDAY TO FRIDAY BETWEEN 9AM AND 12PM MONDAY TO FRIDAY BETWEEN 3PM AND 6.30PM AND SATURDAY BETWEEN 8AM AND 12 NOON		
	SQUADS				TCSS		LEARN TO SWIM				MEMBERS ONLY		CLOSED					
Sun	LANES FREE						8	8	8	8	8	8	8	0				
	SQUADS				CLOSED													
	LESSON POOL																	

Starts 6:30

Starts 7:15

Starts 12:15

Starts 12:15



LEARNTOSWIM@360FITNESSCLUB.COM.AU



67 623639 (ASK FOR LEARN TO SWIM)



AQUATIC CLASSES INFORMATION



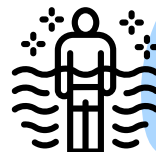
Gentle Aqua: A class designed to target holistic health & fitness, including whole body strength, endurance, balance & cardiovascular fitness. Appropriate for those who are injured, ageing or would just like a more gentle class in a water environment. LESSON POOL



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.

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 25 METRE LAP POOL & 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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