



LANE AVAILABILITY TIMETABLE

TERM 4, 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													
	LANES FREE	8	8	8	8	8	8	8	8	8	8	8	7	7	8	8	6	6	6	6	6	6	8	0						
Mon	SQUADS												LEARN TO SWIM							CLOSED										
	LESSON POOL					GENTLE AQUA	LEARN TO SWIM							SCHOOLS	THERAPY	LEARN TO SWIM						AQUA AEROBICS								
	LANES FREE	8	6	6	8	8	8	8	8	8	8	8	8	8	8	8	8	6	6	6	6	6	5	0						
Tues	SQUADS		KOOTINGAL										LEARN TO SWIM							DEEP			CLOSED							
	LESSON POOL							LEARN TO SWIM						THERAPY	ARTHRITIS NSW				LEARN TO SWIM											
	LANES FREE	8	6	6	8	8	8	8	8	8	8	8	8	8	7	7	7	8	8	7	7	7	6	8	0					
Wed	SQUADS		KOOTINGAL										LEARN TO SWIM							CLOSED										
	LESSON POOL				GENTLE AQUA			LEARN TO SWIM						GENTLE AQUA	SCHOOLS	THERAPY	LEARN TO SWIM						AQUA AEROBICS							
	LANES FREE	8	6	6	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	7	7	7	7	6	8	0				
Thurs	SQUADS		KOOTINGAL										LEARN TO SWIM							CLOSED										
	LESSON POOL							LEARN TO SWIM						THERAPY				LEARN TO SWIM						AQUA HIIT						
	LANES FREE	8	8	8	4	4	8	8	8	8	8	8	8	8	8	6	6	6	8	8	7	7	7	7	8	8	0			
Fri	SQUADS				SENIORS SQUAD								LEARN TO SWIM							CLOSED										
	LESSON POOL							LEARN TO SWIM						GENTLE AQUA	SCHOOLS	THERAPY	LEARN TO SWIM													
	LANES FREE				8	8	8	8	8	7	7	7	7	7	5	5	0													
Sat	SQUADS						LEARN TO SWIM						DEEP	NO PUBLIC AVAILABILITY TO THE LESSON POOL MONDAY TO FRIDAY BETWEEN 9AM AND 12PM MONDAY TO FRIDAY BETWEEN 3.30PM AND 6.30PM AND SATURDAY BETWEEN 8AM AND 12 NOON																
	LESSON POOL	CLOSED		LEARN TO SWIM																										
	LANES FREE			0	0	0	0	0	0	0	0	0	0							0	0	0								
Sun	SQUADS		CLOSED																											
	LESSON POOL		CLOSED																											



LEARN TOSWIM@360FITNESSCLUB.COM.AU



67 623639 (ASK FOR LEARN TO SWIM)



AQUATIC CLASSES INFORMATION



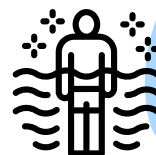
Gentle Aqua: A class designed to target holistic health & fitness, including whole body strength, endurance, balance & cardiovascular fitness. Appropriate for those who are injured, ageing or would just like a more gentle class in a water environment. LESSON POOL



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



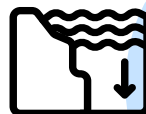
Therapy Time: This is a scheduled child free time for members who wish to use the lesson pool for therapy & gentle exercise only. LESSON POOL



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



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



Deep Aqua: A deeper fast passed class using water resistance for a full body workout. 25M POOL

POOL OPENING HOURS

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

CRECHE OPENING HOURS

MON - FRI	9AM - 12:00PM 3:30PM - 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 25M AND 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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