

PREMIUM MEMBERSHIP

Aqua Fitness Lap Swimming

Join our Premium Membership and have access to all areas of our centre. Unlimited Aqua Fitness classes and Lap Swimming.

\$25 p/w

(fortnightly direct debit \$50)
NO Joining Fee
6 Month Lock In

or \$900 up front for 12 months

FITNESS CLASS Casual Visit

Adults: \$17
Concession: \$15
Lap Swim post class: \$6

Passes

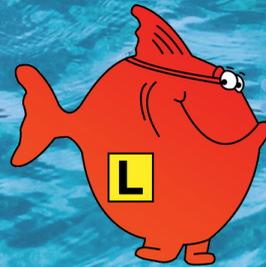
1 Month: \$136
3 Months: \$325
6 Months: \$595
12 Months: \$850

LAP SWIM Casual Visit

Adults: \$11
Concession: \$10

Passes

1 Month: \$90
3 Months: \$210
6 Months: \$370
12 Months: \$600
10 Sessions: \$100
20 Sessions: \$180



GET IN TOUCH

92-96 Kings Road
PARAFIELD GARDENS

8285 3666

pgss.com.au

enquiries@pgss.com.au



PARAFIELD GARDENS SWIM SCHOOL



Fitness & Lap

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6-9am

6-9am

6-9am

6-9am

6:15am: Aqua HIIT

6-9am

8:00am Aqua Blast

9:00am: Aqua Blast

9:00am: Aqua Blast

8:00am: Aqua Blast

9:00am: Aqua Blast

9:00am: Acquapole Box

10:00am: Circuit Fusion

10:00am: Aqua Step

9:00am: Circuit Fusion

10:00am: Aqua Blast

10:00am: Acaquapole

10:00am Aqua Blast

11-3pm

11-3pm

11-3pm

11-3pm

11-3pm

1:00pm Aqua Flow

1:00pm Aqua Flow

1:00pm Aqua Flow

7:15pm: Acquapole Box

7:15pm: Acquapole

7:15pm: Aqua Blast

7:15pm: Circuit Fusion

7:10- 8:00pm

8:15pm: SAF Aqua
Drums Vibes

7:10- 8:00pm

8:15pm: Aqua Step

7:10- 9:00pm

7:10- 9:00pm

Current from Monday 16th February 2026

 Fitness Class

 Lap Swim

*All times are subject to change. *Age requirements: 13-15 years with a guardian, 16+ years no guardian required.

Refer to Gymmaster for details. For class descriptions head to our website!