



Active Seniors Class Timetable May - July 2024

Mon, Tue, Wed & Fri, 1.30 - 2.30pm. \$11.20 per class.

First Class Free

This unique program offers a gentle workout in and out of the water.

Each fun filled session is professionally designed by qualified Instructors to provide a wide variety of exercises improving balance, mobility, flexibility and strength. You will use light weights, balls and other equipment.

Classes involve 25 minutes of land-based exercises and 25 minutes of water workout.

Fee increase's from 1 July to \$12.

Warringah Aquatic Centre

Other land-based only sessions available at:
Forestville Memorial Hall - Mon and Wed, 12 - 1pm
For more information call 8495 5001.



**Warringah
Aquatic Centre**
Frenchs Forest

Active Seniors

May 2024	Class	June 2024	Class	July 2024	Class
Wed 1	Deep	Mon 3	Shallow	Mon 1	Shallow
Fri 3	Shallow	Tue 4	Deep	Tue 2	Deep
Mon 6	Shallow	Wed 5	Shallow	Wed 3	Shallow
Tue 7	Deep	Fri 7	Deep	Fri 5	Deep
Wed 8	Shallow	Mon 10	No class	Mon 8	Deep
Fri 10	Deep	Tue 11	Shallow	Tue 9	Deep
Mon 13	Deep	Wed 12	Deep	Wed 10	Deep
Tue 14	Shallow	Fri 14	Shallow	Fri 12	Deep
Wed 15	Deep	Mon 17	Shallow	Mon 15	Deep
Fri 17	Shallow	Tue 18	Deep	Tue 16	Deep
Mon 20	Shallow	Wed 19	Shallow	Wed 17	Deep
Tue 21	Deep	Fri 21	Deep	Fri 19	Deep
Wed 22	Shallow	Mon 24	Deep	Mon 22	Deep
Fri 24	Deep	Tue 25	Shallow	Tue 23	Shallow
Mon 27	Deep	Wed 26	Deep	Wed 24	Deep
Tue 28	Shallow	Fri 28	Shallow	Fri 26	Shallow
Wed 29	Deep			Mon 29	Shallow
Fri 31	Shallow			Tue 30	Deep
				Wed 31	Deep

You need - Loose comfortable clothing and enclosed shoes for the first half of the class. Wear swimwear underneath your clothing, don't forget your towel and toiletries.

Timetable may change without notice