



ABBOTSLEIGH

LAP SWIMMING AND AQUA AEROBICS CLASSES

TERM 4 2019

14 October to 22 December 2019

*For information and enquiries please call the Abbotsleigh Aquatic Centre on 9473 7830 or email aquaticcentre@abbotsleigh.nsw.edu.au

Lap Swimming Times			Aqua Fitness Classes
Monday	7-8 pm	3 lanes	6.30 pm shallow water (Pam Morris)
Tuesday	8-11 am	6 lanes	
Wednesday	8-9.50 am	6 lanes	9 am deep water (Halyna Essing)
Thursday	7-8 pm	4 lanes	
Friday	8-9.50 am	6 lanes	8 am shallow and deep water (Pam Morris)
Saturday	12 noon-2 pm	1 x 25 m lane only	
Sunday	9 am-12 noon	3+ lanes	

*Changes to the above schedule may occur and will be posted on the Aquatic Centre digital screen and on the Abbotsleigh website.

Entrance Fees:

- **Adult \$6 casual visit** – Swim Pass \$60 (11 visits)
- **Tertiary Student / Concession or Child \$5 casual visit** – Swim Pass \$50 (11 visits)
- Abbotsleigh students and under five years free
- Children under 10 years of age must be accompanied and supervised by an adult.

Aqua Classes

- Monday 6.30 pm (Pam)
- Wednesday 9 am deep water (Halyna)
- Friday 8 am (shallow/deep) Pam
- \$14 casual visit or \$120 Aqua Pass (10 visits)

Adult Swim Squad

- Swimfit Monday 6.15 pm
- Wed 6.45 pm
- \$14 casual visit or \$120 Squad Pass (10 visits)