

CLASS NAME	CLASS OVERVIEW
<b>Aqua Fitness</b>	These classes are designed for both fun and fitness and are a low impact workout with a strong cardiovascular component. Dumbbells and noodles may be used for extra resistance.
<b>Swim Fit</b>	Swimfit is our version of a swim squad for adults - however all levels of ability are welcome. To participate you need to be able to swim 50m confidently. Skills learned during these sessions include breathing, kicking, stroke pull and recovery and tumble turns, with an overall emphasis on improving your swimming ability and fitness.
<b>Active Over 50</b>	These classes are designed for the over 50s and are run in conjunction with Central Coast Area Health. All participants are welcome - upon your first visit please discuss any health concerns with your instructor.
<b>Float Fitness</b>	<b>Disclaimer: you will work hard, get hot, laugh and GET WET!</b> Combine water fun with all things fitness in this 30 minute class. Your whole body will be worked, from low impact movement to HITT style moves. And beware... this class is on a flotation board – like an SUP – so you're sure to feel your core activated! Swimmers or workout clothing are okay, but you WILL get wet!

Fee Structure	Squad Levels		
	Junior Swimfit	Bronze	Silver
Casual session	\$19.60	\$24.00	\$24.00
4 sessions per month	\$70.50	\$78.00	\$78.00
10 sessions (6mth expiry)	\$177.00	NA	NA
Unlimited sessions	NA	\$119.00	\$135.00

# FiT

For Life

## Gosford Olympic Pool

Aqua Fitness and Squad Timetable

Spring / Summer

2018

Central Coast Council

Leisure Centres

[centralcoast.nsw.gov.au/leisurecentres](http://centralcoast.nsw.gov.au/leisurecentres)

Aqua Fitness Timetable						
Start Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
6:00am	Adult Swim Fit					
8:30am		Active Over 50				Aqua Fitness
10:30am						
12.30pm				Float Fitness		
5.30pm			Float Fitness			
6:15pm		Aqua Fitness				
6:30pm				Aqua Fitness		
7:00pm			Adult Swim Fit			

**AQUA INFORMATION:**

- Classes have caps on maximum numbers for your safety and enjoyment. Please arrive early to avoid disappointment
- Class ticket can be obtained 75 mins before scheduled class time
- Classes start on time and for your safety instructors may refuse entry to latecomers
- Please ensure you give your ticket to your instructor at the start of each class
- All Aqua Fitness and Swimfit classes are \$13.50 or 10 visit multi pass is \$112.00.
- Participants with medical conditions, injuries and expectant mothers are advised to discuss their exercise plan with a medical practitioner and instructor prior to commencing each session.

Squad Timetable						
Squad Level	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior Swimfit	PM 4:00 - 4:45	PM 4:00 - 4:45	PM 4:00 - 4:45	PM 4:00 - 4:45		
Bronze	PM 4:00 - 5:00	AM 6:30 - 7:30 PM 4:00 - 5:00	PM 4:00 - 5:00	AM 6:30 - 7:30 PM 4:00 - 5:00	PM 4:00 - 5:00	AM 8:00 - 9:00
Silver	PM 5:00 - 6:30	AM 5:30 - 7:00 PM 5:00 - 6:30	PM 5:00 - 6:30	AM 5:30 - 7:00 PM 5:00 - 6:30	Starts and Turns PM 5:00 - 6:00	AM 6:30 - 8:00
Special Olympics		PM 5:15 - 6:15		PM 5:15 - 6:15		

Classes do not run on public holidays and break over the Christmas period. Please see reception for dates.

This timetable and instructors are subject to change without notice. Please call Gosford Olympic Pool PH: 4304 7250 for the most up to date timetable information.