



ADULT PROGRAMS

Commencing 9 October 2023*
Timetable differs during school holidays.

Aquabliss also offers Adult Learn to Swim and Stroke Development classes.
Subject to demand & availability. Contact us for more details.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAP SWIMMING	5:30am - 6:30am 8:00am - 10:00am 3:00pm - 4:00pm	8:00am - 10:00am	5:30am - 6:30am 8:00am - 10:00am 3:00pm - 4:00pm	8:00am - 10:00am	5:30am - 6:30am 8:00am - 10:00am 2:00pm - 3:00pm	
PRICING	CASUAL	\$7.50	10 VISITS	\$67.50		
FITNESS SQUAD	5:30am - 6:30am		5:30am - 6:30am		5:30am - 6:30am	
PRICING	PAY MONTHLY BY DIRECT DEBIT		COST PER SESSION	\$19.50		
AQUA AEROBICS No classes during school holidays	8:30am - 9:15am (Shallow water) 9:15am - 10:00am (Deep water)		8:15am - 9:00am (Shallow water)	9:15am - 10:00am (Deep water)		
PRICING	CASUAL	\$18.50	10 VISITS	\$166.50		
PRICING - SENIORS	CASUAL	\$15.00	10 VISITS	\$135.00		
PILATES No classes during school holidays			9:30am - 10:30am 10:30am - 11:30am			
PRICING	CASUAL	\$19.00	10 VISITS	\$171.00		



Note: It is important that participants always bring a water bottle to any of these sessions.
Even though you are immersed in water your body still sweats and loses fluids.

* Except public holidays and extended holiday closure. Timetable differs during school holidays.



www.aquabliss.com.au