



# Active Seniors Class Timetable Aug - Oct 2022

Warringah Aquatic Centre

Mon, Tue, Wed & Fri, 1.30 - 2.30pm. \$10.60 per class.

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.

**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.

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

<b>Aug 2022</b>	<b>Class</b>
Mon 1	Deep
Tue 2	Shallow
Wed 3	Deep
Fri 5	Shallow
Mon 8	Deep
Tue 9	Shallow
Wed 10	Deep
Fri 12	Shallow
Mon 15	Deep
Tue 16	Shallow
Wed 17	Deep
Fri 19	Shallow
Mon 22	Deep
Tue 23	Shallow
Wed 24	Deep
Fri 26	Shallow
Mon 29	Deep
Tue 30	Shallow
Wed 31	Deep

<b>Sep 2022</b>	<b>Class</b>
Fri 2	Shallow
Mon 5	Deep
Tue 6	Shallow
Wed 7	Deep
Fri 9	Shallow
Mon 12	Shallow
Tue 13	Deep
Wed 14	Deep
Fri 16	Deep
Mon 19	Deep
Tue 20	Shallow
Wed 21	Deep
Fri 23	Shallow
Mon 26	Deep
Tue 27	Deep
Wed 28	Deep
Fri 30	Deep

<b>Oct 2022</b>	<b>Class</b>
Mon 3	No Class
Tue 4	Deep
Wed 5	Deep
Fri 7	Deep
Mon 10	Deep
Tue 11	Shallow
Wed 12	Deep
Fri 14	Shallow
Mon 17	Shallow
Tue 18	Deep
Wed 19	Shallow
Fri 21	Deep
Mon 24	Deep
Tue 25	Shallow
Wed 26	Shallow
Fri 28	Deep
Mon 31	Shallow

**Timetable may change without notice**