



**westswim**  
essential skills for life

# FITNESS TIMETABLE



## Aqua Aerobics

Monday 10 - 11am  
Wednesday 12 - 1pm  
Thursday 12 - 1pm

## Lap Swimming

Monday 7:15 - 8:45am  
Tuesday 7:15 - 8:45am &  
6:30 - 7:30pm  
Friday 7:15 - 8:45am

## \$ Prices \$

### Aqua Aerobics

\$15 per session // Senior \$10.50  
\$120 pk10 // Senior \$84 pk10

### Walking

\$6 per session // Senior \$4

### Lap Swimming

\$70 /month unlimited sessions

### Physio

\$6 per session

### Kids Squads

\$21 per session  
\$126 /month unlimited sessions

## Walking

Monday 7:15 - 8:45 &  
10 - 11:30am  
Tuesday 7:15 - 8:45 &  
6:00 - 7:30pm  
Wednesday 12 - 1:30pm  
Thursday 12 - 1:30pm  
Friday 7:15 - 8:45am

## Physio

(Bookings Essential)

Monday - Thursday  
12 - 2:30pm

## Kids Squads

Monday 6 - 7pm  
Wednesday 6 - 7pm  
Thursday 6 - 7pm  
Saturday 7.30am-8.30am

Effective from 1st September 2019



Westswimlakelands

Phone 08 6143 4511  
Email [lakelands@westswim.com.au](mailto:lakelands@westswim.com.au)