



Active Seniors Class Timetable Feb 2024 - Apr 2024

Warringah Aquatic Centre

Mon, Tue, Wed & Fri, 1.30 - 2.30pm. \$11.20 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.

Other land-based only sessions available at:

Forestville Memorial Hall - Mon and Wed, 12 - 1pm

For more information call 8495 5001.



northern
beaches
council

Warringah
Aquatic Centre
Frenchs Forest

Active Seniors

Feb 2024	Class	Mar 2023	Class	Apr 2024	Class
Fri 2	Deep	Fri 01	Deep	Mon 1	NO CLASS
Mon 5	Deep	Mon 4	Deep	Tue 2	Shallow
Tue 6	Deep	Tue 5	Deep	Wed 3	Deep
Wed 7	Deep	Wed 6	Deep	Fri 5	Deep
Fri 9	Deep	Fri 8	Deep	Mon 8	Deep
Mon 12	Deep	Mon 11	Deep	Tue 9	Deep
Tue 13	Deep	Tue 12	Deep	Wed 10	Shallow
Wed 14	Deep	Wed 13	Deep	Fri 12	Deep
Fri 16	Deep	Fri 15	Deep	Mon 15	Deep
Mon 19	Deep	Mon 18	Deep	Tue 16	Deep
Tue 20	Deep	Tue 19	Deep	Wed 17	Deep
Wed 21	Shallow	Wed 20	Deep	Fri 19	Deep
Fri 23	Deep	Fri 22	Shallow	Mon 22	Deep
Mon 26	Deep	Mon 25	Shallow	Tue 23	Deep
Tue 27	Deep	Tue 26	Deep	Wed 24	Deep
Wed 28	Deep	Wed 27	Shallow	Fri 26	Deep
		Fri 29	NO CLASS	Mon 29	Deep
		Fri 29	NO CLASS	Tues 30	Shallow

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.

Timetable may change without notice