



Active Seniors Class Timetable Nov 2023 - Jan 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

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

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