

CAMPERDOWN LETS GET MOVING



AQUATIC EXERCISE



SHALLOW AQUA

Increase cardiovascular fitness as well as muscular strength and endurance in shallow water

10:15am Mon – Thu
@Victoria Park Pool

10:00am Fri
@Prince Alfred Park Pool

12:00pm Tue – Fri, 9:15 am Sat, 11:00 Sun
@Ian Thorpe Aquatic Centre

DEEP AQUA

A full body workout suited to experienced participants with buoyancy belts provided

10:00am Sat

@Prince Alfred Park Pool

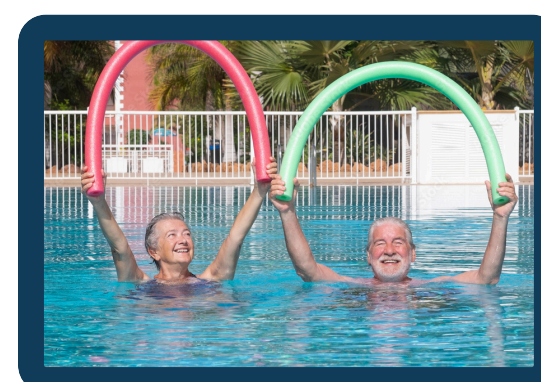
12:00pm Mon, 6:40pm Tue
@Ian Thorpe Aquatic Centre



WARM AQUA

Warm water exercises designed to improve muscular strength, cardiovascular fitness and flexibility

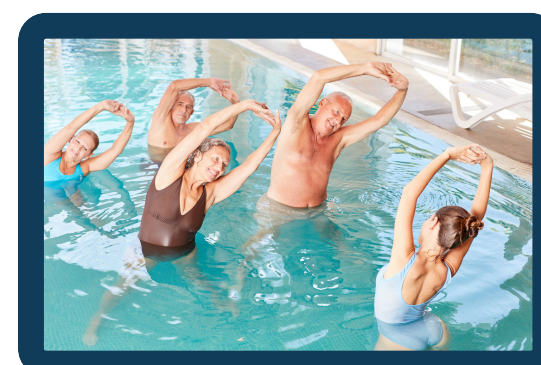
1:00pm Mon – Fri
@Ian Thorpe
Aquatic Centre



WARM WATER AQUA STRETCH

Get the benefits of moving through a range of stretches to improve flexibility, range of motion, and balance

7:15pm Thu
@ Annette
Kellerman
Aquatic Centre



SHALLOW WATER AQUA

A workout in the shallow pool to increase heart / lung fitness, muscular strength, and flexibility

7:00am Tue, Thu, Sat

8:00 am Sat

8:30am Mon, Wed, Fri

9:30am Mon, Tue, Wed, Fri

6pm Fri

@ Annette Kellerman Aquatic Centre



Locations

Victoria Park Pool

Address:

City Road, (cnr
Parramatta Road),
Camperdown

Prince Alfred Park Pool

Address:

105 Chalmers
Street, Surry Hills

Ian Thorpe Aquatic Centre

Address:

458 Harris
Street, Ultimo

Annette Kellerman Aquatic Centre

Address:

Enmore Park, Black
Street, Marrickville

Phone: 9392 5400



Phone: 1300 198 412



Email: askbelgravia@belgravialeisure.com.au

Pricing

Victoria Park Pool / Prince Alfred Park Pool / Ian Thorpe Aquatic Centre

Membership (per fortnight):

- 360 Pro (pools and group classes) - \$64.50 / \$41.80 (concession)
- 360 Pro Swim Only (access to pools only) - \$40.30 / \$30.10 (concession)

Multi-visit pass (20 visits):

only available for purchase in-centre, includes pool access for recreational and lap swimming, valid for three years

- 360 Go (all pools) - \$142.50 / \$107.40 (Concession)
- 360 Go (outdoor pools only) - \$123.90 / \$92.90 (Concession)

Annette Kellerman Aquatic Centre

Pool entry:

- Adult: \$10.20
- Seniors concession (card required*): \$5.70
- General pensioner concession (card required*): \$1.50

Swim visit passes:

- Adult: \$80.70 (10 visit) / \$160.50 (20 visit)
- Senior (card required*): \$54.30 (10 visit) / \$107.40 (20 visit)

Gym entry & group fitness class:

- Adult: \$26.60 (single visit) / \$229.30 (10 visit pass) / \$447.70 (20 visit pass)
- Senior card holder:
\$15.60 (single visit) / \$132.20 (10 visit pass) / \$260.30 (20 visit pass)
- Pensioner concession:
\$13.40 (single visit) / \$109.80 (10 visit pass) / \$219.30 (20 visit pass)

