

BANKSTOWN LETS GET MOVING



AQUATIC EXERCISE



AQUA

A fun workout with
aqua noodles and
aqua dumbbells in a
heated indoor pool

6:30pm Mon & Wed, 10:00am Tue & Thu
7:00am Sat @ Birrong Leisure & Aquatic Centre
multiple start time Mon-Fri, 7:30am Sun
@ Max Parker Leisure & Aquatic Centre
multiple start time Mon, Wed, Fri
@ Roselands Leisure & Aquatic Centre

AQUA GENTLE

A slower paced class
in shallow water of
Aqua Aerobics for
beginners and non-
swimmers

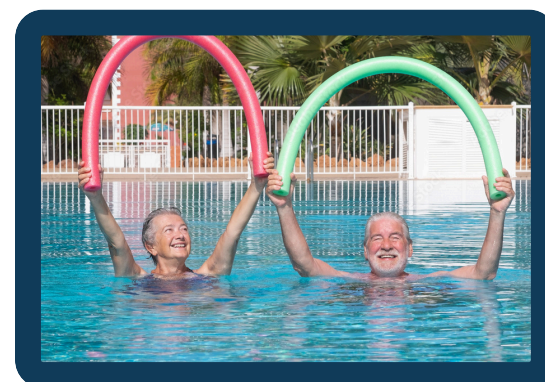
9:00am Thu
@Birrong Leisure &
Aquatic Centre



AQUA DANCE

A water aerobics
class suitable for all
fitness levels and
abilities

7:00am Sat
@ Roselands Leisure &
Aquatic Centre
10:00am Fri
@Birrong Leisure &
Aquatic Centre



SENIOR SPLASH

A **free** program
designed for seniors
born overseas aged
65+ & Aboriginal and
Torres Strait Islanders

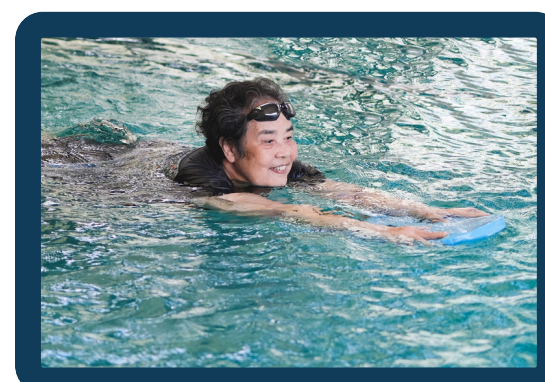
Wed or Thu
(July to September)
@ Max Parker Leisure
& Aquatic Centre



WIMSWIM

Lessons and
recreational
swimming for
women only

Sunday 9-11am
@ Roselands Leisure
and Aquatic Centre



Locations



Birrong Leisure & Aquatic Centre

Address:

Wellington Road,
Birrong

Max Parker Leisure & Aquatic Centre

Address:

Marco Avenue,
Revesby

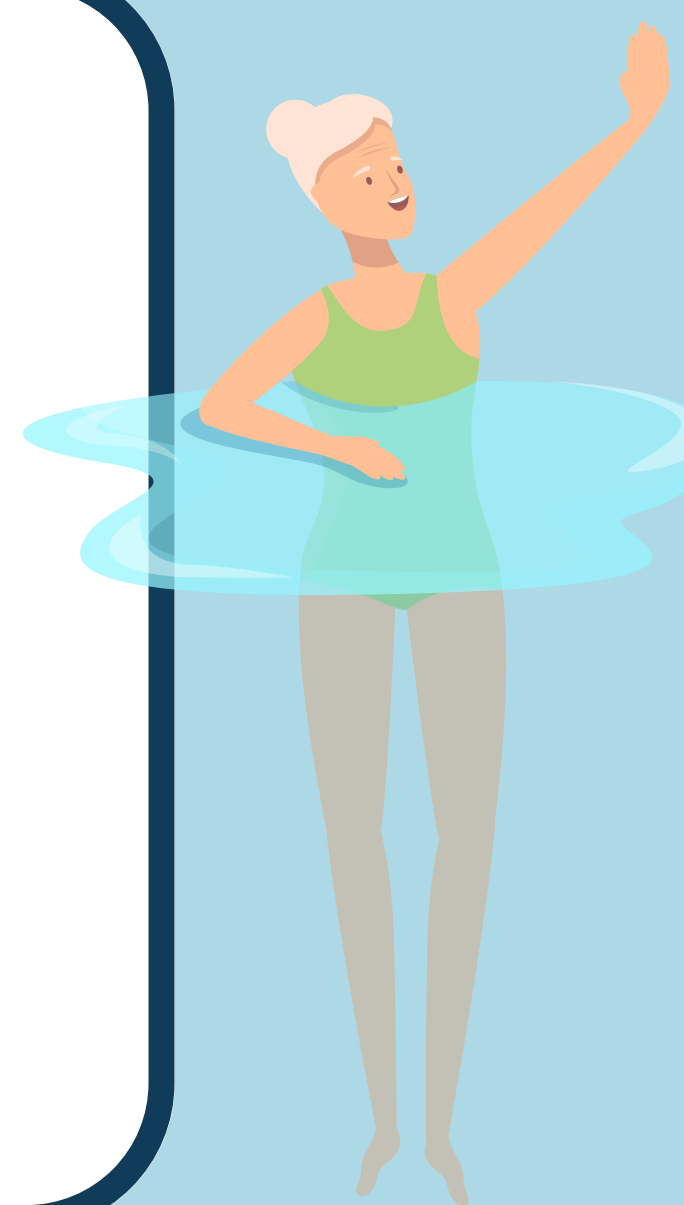
Roselands Leisure & Aquatic Centre

Address:

Centre Avenue,
Roselands



Phone: 02 9707 5500



Pricing

Birrong / Max Parker / Roselands Leisure & Aquatic Centre

Single casual visit:

- Adult - \$20.5
- Concession - \$17

10-visit pass:

- Adult - \$162
- Concession - \$109

Swim (including WimSwim)

Single entry:

- Adult - \$7.3
- Concession - \$5

10-visit swim/sauna pass @ Roselands:

- Adult - \$98.5
- Concession - \$71

Multiple entry pass (valid for all pools):

- Adult - \$294 (50-visit pass) / \$125.5 (20-visit pass) / \$67 (10-visit pass)
- Concession - \$157.5 (50-visit pass) / \$68 (20-visit pass) / \$45 (10-visit pass)

Canterbury-Bankstown Leisure and Aquatics membership:

- Direct debit membership fortnightly fee - adult \$37, concession (pensioner, senior, veteran, health card) \$22

