

## Fitness Class of the Month - June

Our group exercise class of the month for June is **"Beep Test, Gut Buster"** focusing on a cardio and core strength toner.

Our feature classes are included for FREE with a membership or you can come along and pay casually, there are no joining fees.

### What's coming up?

July - **Weight Loss**

August - **Boot Camp**

*There is no need to book, simply come along*

	Mon	Tue	Wed	Thu	Fri	Sat
6:15am	Spin Bikes	<i>Beep Test</i>	Boxing Circuit	<i>Beep Test</i>	Circuit	
7:00am						Spin Bikes
8:30am						
9:30am	Aqua	Spin Bikes	Aqua	Gym+Spin Circuit	Aqua	Boxing
10:30am	Gentle Aqua	Boxing Circuit	Seniors Circuit		Gentle Aqua	
11:30am						
4:00pm	Teen Gym		Teen Gym			
5:00pm			<i>Beep Test</i>		<i>Beep Test</i>	
6:00pm						
6:00pm	Aqua		Aqua	Aqua	Circuit	
7:00pm	Kick Pad Class		Circuit			
7:45pm						<a href="#">Click to Download the Timetable</a>

## Upgrades & Maintenance



We have some major work underway on the pool hall roof at the moment. Seven new spill turbines (whirly-birds) are being installed to help vent the hot and humid air from the pool hall.

This is the first stage of the project that will also see additional louver windows installed on the western side of the walls (above the changerooms). The combination of whirly-birds and louvers will make a significant difference to the temperature and humidity levels in summer. We have already seen an improvement to the humidity in the pool hall after 2 turbines are up and running.

The system will have the option of being manually or automatically controlled via temperature or humidity levels.

## Win a Wii

Join the Gym in June for your chance to win a Nintendo Wii

*Application forms are online, or simply ask at reception*

	Joining Fee	Fortnightly	3 Months
Swim Parents	\$0	\$25	\$195
Adults	\$0	\$35	\$265
Concession	\$0	\$25	\$195





# LEARN TO SWIM NEWS

## Re-enrolling For Term 3 2010

### HOW TO RE-ENROL

As we are now into winter this doesn't mean it's time to stop swimming & lose your preferred time & instructor.

**Fees for Term 3 are due during Week 10, from 21st June.**

Your class automatically re-enrolls you to the next term, therefore your current place is guaranteed provided fees are paid.

**Last day of Term 2 is Saturday 3rd July**

The price for Term 3 is \$110

That's a 10 week term concluding 25th September.

Kindly let us know if you are not returning.

### Term 3 dates

Monday 19th July to Saturday 25th September  
(that's only 6 x Winter + 4 Spring lessons)

### **FREE POOL ENTRY**

*Did you know that if you pay fees in full your child can swim for FREE\* every day during that term.*

*Simply let reception scan you in each visit*

*\*conditions apply*

**Re-Enrolment & Payment Week  
21st to 26th June**

*"Did you know that many Health Funds offer a rebate on swimming lessons"*

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**facebook**

**Wollondilly Leisure Centre is now on Facebook**

To find us simply go to our website and follow the link at the bottom of the page.  
or search facebook for Wollondilly Leisure Centre

## Holiday Swim Workshops

Our new intensive swim program is back on again for week 2 of the July school holidays

- 5 Days
- Monday 12th to Friday 16th
- 45min Lessons
- Same time each day
- Only \$40 for the week!



### PARENT REMINDERS

- Please be aware of your child's whereabouts
- Take your child to toilet before lessons
- At the end of the class your child must be collected on time
- Swimming caps retain body heat for winter
- Always read scan in screen for messages
- To be entitled to a make up class we require several hours notice for cancellations
- For the 'free swim' remember that fees must be paid in full

### July School Holidays

**Pool Inflatable** - FREE with pool entry every Monday, Wednesday & Friday from 11:30am to 2:30pm

