



Contact your local Lake Mac Swim Centre for further information.

### Charlestown

Outdoor, heated, open year round

☎ 4921 0782

📍 Dickinson Street

### West Wallsend

Indoor, heated, open year round

☎ 4921 0738

📍 Edden Street

### Swansea

Outdoor, heated, closed in winter

☎ 4921 0733

📍 Channel Street

### Speers Point

Outdoor, heated, closed in winter

☎ 4921 0580

📍 Park Road

Toronto (4959 9229) and Morisset (4973 1070) Swim Centres are contractor operated centres and programs.

FOR MORE INFORMATION  
AND BOOKINGS

 [swim.lakemac.com.au](http://swim.lakemac.com.au)

LAKE  
MACQUARIE  
CITY

SWIM CENTRES

# FITNESS PROGRAMS

Learn • Fun • Fitness





✓ Our fitness programs are a **great way to stay active and fit** while **having fun and meeting people**.

✓ Our **qualified and friendly** instructors can help you with your **personal fitness goals**.



## CLASS

## DESCRIPTION



### AQUA FIT

Aqua Fit is a low to medium intensity workout. Participants are encouraged to work at their own pace and ability using water resistance to perform a variety of movements aimed at increasing fitness and flexibility. This class is suitable for all levels of fitness.



### SENIOR STOMP SQUAD

Senior STOMP is a squad for persons that enjoy mixing up their existing training for surf sports, triathlons, open-water, masters or professional swimming.

A Lake Mac Swim Centre Coach will ensure that participants get a quality work-out following a guided fitness program in this 60 to 120-minute session. Suitable for 15 years and over.



### JUNIOR STOMP SQUAD

Junior STOMP is a squad for persons that enjoy mixing up their existing training for surf sports, triathlons, open-water or professional swimming.

A Lake Mac Swim Centre Coach will ensure that participants get a quality work-out following a guided fitness program in this 60-minute session. Suitable for 14 years and under.



### SWIM SQUAD

Swim Squad accommodates all swimmers under the guidance of a qualified coach to help them achieve individual goals and maintain fitness levels.

Swim Squads includes White, Bronze, Silver and Gold swimmers under the Lake Mac Swim Centre Program. Ask at reception for a Squad brochure.

Aqua Fit programs run for 45 minutes and STOMP and Swim Squads run for 60-120 minutes. Fitness programs and timetables may vary between our centres. We may offer new or different aquatic and non-aquatic programs at our centres based on demand.