

LAKE  
MACQUARIE  
CITY

SWIM CENTRES

# FITNESS PROGRAMS

STOMP • AQUA FIT



## 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)



✓ STOMP and Aqua Fit 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.**



### AQUA FIT

Aqua Fit is a low to medium intensity workout making our Aqua Fit classes suitable for all levels of fitness. 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.

We recommend you bring along a towel and a water bottle to class.

Aqua Fit programs run for 45 minutes.

No bookings are required for our Aqua Fit classes but we recommend you arrive 10 minutes early to check-in at Reception. Please remember to bring along your concession/pensioner card for discounted entry.

Classes are \$14 for adults (\$11 for Concession/Pensioner card holders). We also have multi-visit passes available offering great discounts.

**Multi-visit passes are valid for 12 months from the date of purchase.**

### STOMP SQUAD

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.

For just \$14 for adults (\$11 for concession / pensioner card holders) and the option of discounted multi-visit passes, STOMP offers great value. **Multi-visit passes are valid for 12 months from the date of purchase.**

Bookings are not required for STOMP sessions.



In addition to our Fitness Programs, STOMP and Aqua Fit, we do run Swim Squads. Swim Squads accommodates all swimmers under the guidance of a qualified coach to help them achieve individual goals and maintain fitness levels. Ask at reception for a Squad brochure.

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.