

Balclutha Muscle and Fitness Gym Inc.

Location: Balclutha Centennial Pool

The Balclutha Muscle and Fitness Gym offers cardiovascular equipment; and a selection of free weights. The gym is unsupervised and members use the gym at their own risk. The Balclutha Centennial Pool on behalf of the gym sells memberships and helps in the daily operation of the gym.

Personal Trainers:

The club offers personal trainers, members are to make their own arrangements for this service.

Paul Skipper 021 890369
Janet Cox 021 450037

Gym Hours

Weekdays 6:00am —7:30pm
Saturday 1:30pm – 5:00pm
Sunday 11:00am – 4:30pm
Public Holidays 10:00am – 4:00pm

On occasions the gym maybe closed for bookings; please check noticeboards for prior warning.

Gym Prices

Casual Visit \$5.00
Three Month \$85.00
Six Months \$125.00
Twelve Months \$195.00
Student/ Snr Cit (1 Year) \$170.00



Swimming lessons are operated by the Clutha District Council and we cater for preschoolers to adults and can provide adaptive lessons. Contact staff at the pool on 418 1049 to see what is being offered this term. Spaces are limited, so get in quick.



The local swimming club operates
October to April
Mon 5pm – 7pm, and Thurs 5pm – 7pm
Contact Penny White 415 8844

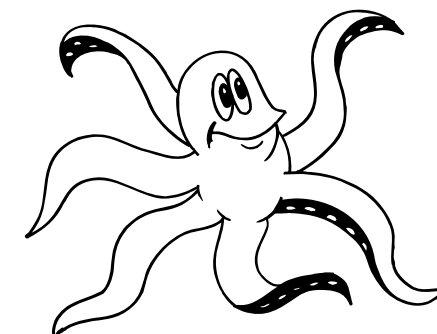
BALCLUTHA PARENTS CENTRE AQUATOTS

Water confidence and familiarization
classes for you and your baby or
preschooler
Classes run each term

Contact Elaine McLeod on 418 3022



Balclutha Centennial Pool



Winter 2009 Timetable

4th May – 27th Sept 2009

**Centennial Ave
Balclutha
4181049**

Pool Timetable

Main Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming	11:00am General Use 12:30pm Lane Swimming 1:30pm	11:00am General Use 12:30pm Lane Swimming 1:30pm
10:00am	General Use	General Use	General Use	General Use	General Use		
12:00pm 1:00pm	Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming		
CLOSED (except during School Holidays - open from 1:30pm)							
3:30pm	General Use	General Use	General Use	General Use	General Use	5:00pm	4:30pm
5:00pm 7:30pm	Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming		

POOL CLOSED - Weekdays: 1:00pm - 3:30pm (except during School Holidays - open from 1:30pm for general use)

WINTER MAINTENANCE - We are scheduled to close from Monday 20th July to Sunday 2nd August.

PUBLIC HOLIDAY HOURS: 10am - 4:00pm

Learners Pool Hours (Please Check For Bookings)

Monday to Friday 9:00am - 7:30pm

Saturday 1:30pm - 5:00pm

Sunday 11:00am - 4:30pm

During school holidays the learner pool will only be available during general use swimming.

Balclutha Centennial Pool Charges

	Adult	Child	60+	Family	Full Season 1 July 2009 - 1 June 2010
Casual	\$2.00	\$1.00	\$1.00		Half Season 1 July 2009 - 31 December 2009 or 1 January 2010 - 30 June 2010
10 Swim	\$16.00	\$8.00	\$8.00		
Half Season					
Full Season					
Pool Hire Per Hour		\$70.00			

Lane Swimming: These sessions are for those that will use the pool for lane swimming, physiotherapy or aqua jogging. Aqua belts, flippers and kickboards are available.

General Use: Open to everyone: adults and children. Slide, balls, and boards are all available for use.

Inflatable: An inflatable will be in the pool most Sunday afternoons from 2:00pm to 4:00pm. It will also be available for special occasions by prior arrangement (costs may apply).

Aquacise: Aerobics in the water is a great way to exercise it is low impact on the joints, while the water offers great resistance.

	Mon	Tue	Wed	Thur	Fri
7:45am	G/O	G/O	G/O	G/O	G/O
6:15pm	G/F			G/F	

Golden Oldies - A low intensity workout, aiming to maintain movement and fitness.

General Fitness - A low to medium intensity aimed at increasing fitness and strength.

Bookings: The local school's and groups use of the pool during opening hours; the pool will generally remain open, however there will be limited space for lane swimming/general use during their booking. Please check the notice boards for dates and times.

POOL ALONE POLICY

Children Under 8 Must Be Actively Supervised By A Caregiver 16 Years Or Over.

Children Under The Age Of 5 Need To Be Accompanied In The Water and Kept Within Arms Reach Of A Caregiver Over The Age Of 16 At All Times.

Actively Supervised Means Watching Your Child At All Times And Being Able To Provide **Immediate** Assistance (Sitting On Poolside Reading A Magazine Or Texting Is **NOT** Actively Supervising).

No ifs, No Buts, No Maybes, NO EXCEPTIONS!