



# END OF SUMMER *Celebration*



**Sunday 17th March, 2-6pm**

## KEY EVENT TIMINGS

Entry to enjoy the activities is via the usual means (buying a casual swim pass, booking into the class, etc.)

TIME	EVENT	WHAT	WHERE
2pm - 6pm	Inflatable	Free for NARC and LTS members* \$15 for non-members *all must go through a swimming ability assessment prior to use	50M Outdoor Pool
4pm - 5pm	Kraken Ball	A water polo mini game FREE	Indoor Aquatic Spaces 25M/LTS
Timetable on pg 2	Les Mills Teasers	Timetable on following page Open to Specialised Class members and casual GX bookings (\$)	GX Rooms
2pm - 6pm	Food & Bev Offering	FREE Arvo Nibbles/Ice Creams	
2pm - 6pm	Live Music	FREE	
<b>Free nibble and drinks</b>			

Please note to those using the inflatable they are required to be assessed by the supervising lifeguard prior to use to ensure adequate swimming ability.

Areas available to use for members and public not wanting to participate - Warm Water Pool, Spa, Sauna, 5 Lanes of the 50M pool, Gym, Wellness Room, Cycle Studio.



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## **CELEBRATE LES MILLS NEW UPCOMING RELEASE WITH US**

We'll be showcasing snippets of all the new Les Mills releases during the following classes on Sunday 17th March - book in to be one of the first to get a taste for the new moves!

TIME	WHAT	WHERE
2.15pm - 2.45pm	Body Pump	Main Studio
2.50pm - 3.20pm	Body Step	Main Studio
3.25pm - 3.55pm	Body Attack	Main Studio
4.00pm - 4.30pm	Body Combat	Main Studio
4.35pm - 5.05pm	Body Balance	Main Studio
3.00pm - 3.30pm	RPM	Cycle Studio
3.45pm - 4.15pm	LM Sprint	Cycle Studio

**Full releases to be taught from Saturday 23rd March!**