



Hours of operation

Fitness Centre

Monday – Thursday	5.45am – 8.30pm
Friday	5.45am – 8.00pm
Weekends and Public Holidays	7.00am – 5.00pm

Pool

Summer (1st November – 31st March)

Weekdays	5.45am – 8.00pm
Saturday	7.00am – 7.00pm
Sunday and Public Holidays	8.00am – 7.00pm

Winter (1st April – 31st October)

Weekdays	5.45am – 7.00pm
Saturday	7.00am – 5.00pm
Sunday and Public Holidays	8.00am – 5.00pm

The Leisure Centre is closed Christmas Day and Good Friday.

Direct Debit

You can choose to have your membership fees debited from your nominated account (excluding passbook accounts). The first month and establishment fees must be paid upfront, then future payments are debited directly from your account. Direct debit memberships are for a minimum of 3 month term and use the EZYPAY debiting system. FLC must be informed IN WRITING of intent to cancel your membership at least 7 days before your next payment is due.

Membership suspensions

If you are going away or become ill or injured you have the option of placing your membership on hold for the time you are not using the facilities. You will be required to inform the Centre BEFORE taking time off (no suspensions will be back-dated). Different memberships attract different suspension conditions so be sure to read the form carefully. Members on direct debit memberships MUST see the Administration Officer prior to taking time off to have the various options outlined to you.



Address

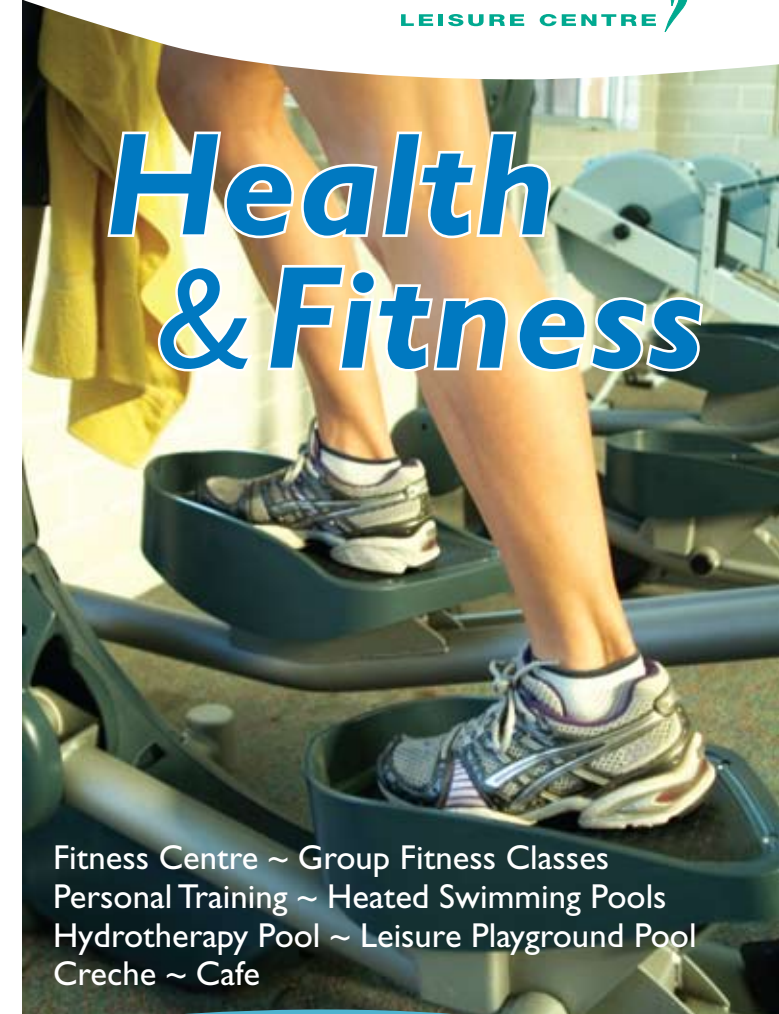
10 Shuffrey Street
Fremantle WA 6160

Further Information

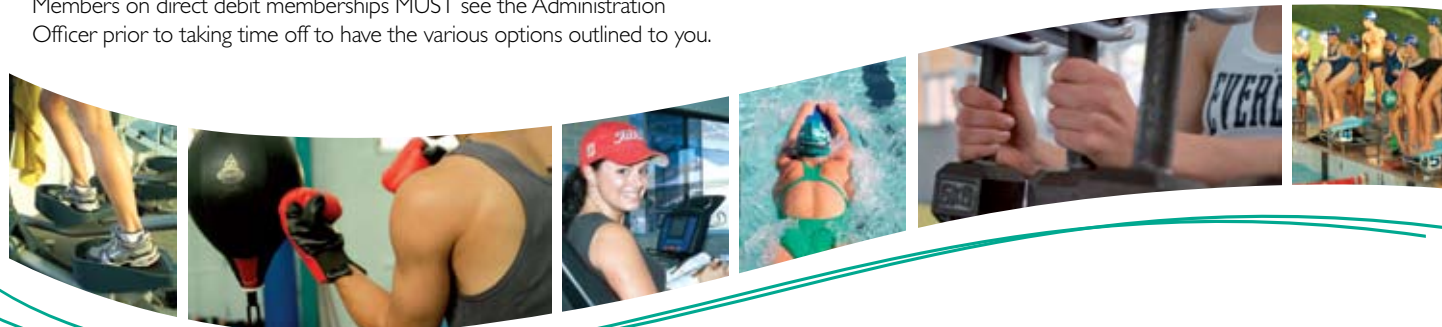
T 08 9432 9533

www.fremantle.wa.gov.au/facilities/html/leisure.cfm

Health & Fitness



Fitness Centre ~ Group Fitness Classes
Personal Training ~ Heated Swimming Pools
Hydrotherapy Pool ~ Leisure Playground Pool
Creche ~ Cafe



Health and Fitness Membership

Establishment Fee

\$25.00 applies to all new members and previous members whose membership has lapsed.

Full Membership

Direct Debit	\$52.00
1 month	\$105.00
6 months	\$310.00
12 months	\$545.00

Concession Membership (Proof must be provided at time of application)

Direct Debit	\$45.00/month
6 months	\$262.00
12 months	\$462.00

Off Peak Memberships

Centre use is restricted to gym and pool use only on Monday-Friday's between the hours of 11:00am to 4:00pm.

Direct Debit	\$39.00/month
6 months	\$231.00
12 months	\$408.00

Membership Entitlements

	Full	Concession	Off-Peak
Access to Fitness Centre	X	X	X
Access to Group Fitness	X	X	
Access to all swimming pools	X	X	X
Fitness Assessments	X	X	X
Personal exercise programs	X	X	X
Access to Creche	X	X	

Casual Visits

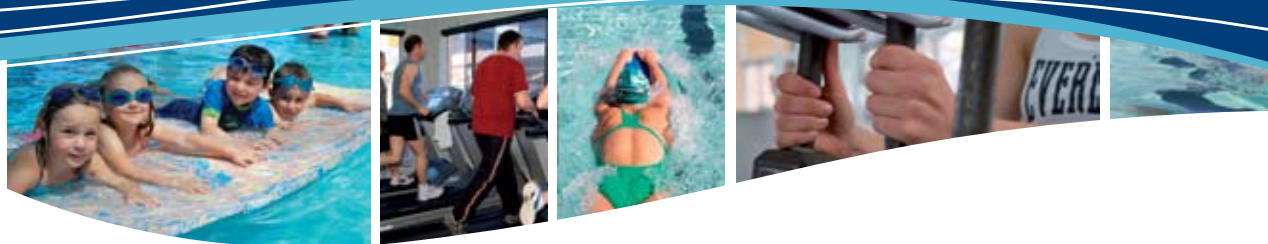
Access to scheduled group fitness classes

	Full	Concession
Single Visit	\$8.00	\$6.80
10 visit pass	\$72.00	\$61.20

Swim 'N' Gym Casual

Entitles user to a workout in the fitness centre and a swim

Single Visit	\$11.40	\$9.25
10 Visit Pass	\$102.60	\$83.25



Keep fit all year round at the Fremantle Leisure Centre

Workout in our fully equipped fitness centre, or join one of our many group fitness classes, including circuit class, body sculpt, yoga and aqua fitness. The fitness centre is always staffed by qualified Gym Instructors available to assist you with your fitness program.

The centre also has 4 heated swimming pools to cater for a variety of users. Water temperatures range between 26-28 degrees in our 50 metre pool, 28-30 degrees in our 25 metre and leisure playground pools, or enjoy the warmth of our hydrotherapy pool heated to 32-34 degrees.

Fitness assessments and exercise program design

A fitness assessment is recommended to benchmark your fitness level and ensure that you are confident using our gym equipment. Our qualified gym staff will design an exercise program based on your assessment results suited to your exercise goals. Assessments and exercise programs are included in all memberships.

Group Fitness

A great way to get that extra edge on your fitness levels. A variety of classes are offered, including circuit, yoga and aqua fit. Classes are designed for all fitness levels so pick up a timetable from reception to find a class that suits you. Some classes have number restrictions so please be early to avoid disappointment of missing out.

Active Ageing

The Active Ageing program focuses on exercise programs specifically designed for those 55+ years. Programs include gentle group fitness classes emphasizing balance, strength and flexibility. Tai Chi is also offered.

Personal Training

Do you have a specific goal you want to achieve? Want to see serious results fast? Then Personal Training is for you. Experience the ultimate in encouragement, motivation, advice and fitness results.

Personal training packages can be purchased in blocks of 1, 5 or 10 sessions of 30 or 60 minutes duration. One on Two training is also available. All personal training is conducted by current FLC personal trainers on the Leisure Centre premises. More information is available at reception or from gym staff.

Creche

A child-minding service for children 3 months up to 6 years old is available to members while they are participating in activities at the Centre. A 2-hour time limit applies to Creche use.

