

Aquatics

Health & Fitness

The newly opened BayFit Leisure Centre offers the western suburbs' premier Aquatics Area. From intense training, family fun, relaxation to learn-to-swim, BayFit provides for the complete range of age and swimming ability



Features include:

- 8 Lane, 25m Lap Pool
- Warm Program Pool
- Spa & Steam Room
- Learn to Swim Pool
- Inflatable Fun Days



Casual Swim Prices

Type	Peak	Off-Peak
Adult Swim	\$6.00	\$5.20
Child Swim	\$4.70	\$4.00
Concession Swim	\$4.70	\$4.00
Inflatable Fun	\$7.00	-
Spa & Steam	\$9.50	-
Spa & Steam Conc	\$7.60	-



Peak = Weekends, school holidays & public holidays

Visit www.bayfit.com.au for pool times & availability.

Carlile Swimming – now at Bayfit Leisure Centre



Carlile Swimming offer:

- Small Graded Classes in indoor heated pools so that children can enjoy swimming all year round
- Highly trained instructors with a caring approach to ensure that your children feel comfortable in the water at all times
- Classes to support every skill level – water confidence from 3 months, learn to swim for both pre-school and school age, stroke development and squads

To join Australia's leading swim school call **9392 4444**, drop in and see us on weekdays, Saturday and Sunday mornings or visit us online at www.carlile.com.au



www.carlile.com.au



Cnr Mills & Mason Streets
Altona North 3025
Ph: 9392 2222
www.bayfit.com.au

When it comes to health and fitness, we've made sure we have everything you could possibly need to help you achieve your goals...



Cardio

Weights

To help you get off to the best possible start to a healthier lifestyle, BayFit include a fitness consultation & personalised program for everyone.

* Personal Training is also available.

If you require personal training, please enquire at reception.

Group Fitness Classes



Resistance workout using all muscle groups.



Stationary bike workout, major calorie burner!



Cardio class to tone thighs and butt!



High intensity cardio workout.



Combination class of yoga, pilates & tai chi.

Extra Info:



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