



## Springers Leisure Centre

### PAA 2019 Programming

The following is a summary of inclusions and exclusions of activities available as part of your PAA offer. For more information, please visit your friendly staff at the front desk.

Activity	Description
Fitness testing	Beep test for all PAA participants to get involved individually or together with friends and family. <span style="float: right;">Please call centre to arrange a time</span>
Family friendly Group Fitness classes:	Group fitness classes available for all families' members (minimum age is 10yo with accompanying adult over 16yo) Core strengthening movements, improving posture, flexibility & whole body strength. <span style="float: right;"><u>Lite Pace Fitness</u> Mondays 9.00am  <u>Circuit</u> Mondays 7.00pm  <u>Walking Group</u> Wednesdays 8.00am</span>
Grandparents Day	Suitable for all ages. Grandparents are encouraged to bring along their grandkids to be included in the fitness class. <span style="float: right;">Monday 8<sup>th</sup> 9.00am</span>

Group Fitness classes	Please call centre to check suitability and age restrictions	<u>Yoga</u>	Thursdays 6.30pm
		<u>Lite Pace Fitness</u>	Thursdays 8.00pm
Group Fitness classes	Please call centre to check suitability and age restrictions	<u>Gymstick</u>	Saturday 9.00am
		<u>Metafit</u>	Saturday 9.30am
<b>Stadium</b>			
Casual Shooting	Subject to availabilities	All of April -Call centre for availabilities	
<b>Junior Programs</b>	Check Junior program timetable All sessions run only during school term NOT in school holidays. Aimed at School aged children.		
Mini Roos	Indoor soccer clinic	Monday 1 ,29	4.15pm
		Tuesday 2, 30	4.15 & 5.00pm
Tennis hot shots	Indoor tennis clinic	Wednesday 3, 17, 24	4.15 & 5.00pm
Rockin Hoops	Indoor basketball clinic	Thursday 4	5.30, 6.15 7.00pm
NetSetGo	Indoor netball clinic	Friday 5, 26	4.30pm