

Danny Frawley Centre Session Bookings

AQUATIC PROGRAMS

WIBIT Inflatable Bookings

Bookings: Bookings can be made 8 days in advance. Payment must be made at time of booking.

Cancellations: If you can no longer attend your booking, go to My Schedule in your Active World app and “Notify Absence” Please note there are no refunds for WIBIT bookings.

Other:

- Minimum age of participants - 6 years and over
- Children aged 6 & 7 years must be accompanied by paying adult
- Arrive 10 minutes prior to your booked session for safety briefing.

HEALTH CLUB SESSIONS

Group Fitness

Bookings: Bookings can be made 7 days in advance. For casual patrons' payment must be made at time of booking.

Cancellations: If you can no longer attend your booking, go to My Schedule in your Active World app and “Notify Absence”.

Other:

- Arrive 10 minutes before the class start time.
- For safety reasons, entry will not be permitted 5 mins after the class has started.
- Casual bookings are permitted to change their booking up until 24hrs prior, please notify centre within this time period or forfeit all fees paid.
- Participants are required to notify the staff of any medical conditions that may impact on their safety, wellbeing and enjoyment.
- Persons who are pregnant, suffer from heart disease, have physical injuries, have medical conditions that restrict their ability to exercise or are over the age of 50 must consult with a medical practitioner before participating in fitness activities.

- Members can only make appointments within the time restrictions of their membership.
- Persons under 16 can only participate in classes marked on the timetable as suitable for Teens.
- Please wear appropriate active wear clothing and closed toed shoes.
- Please bring a towel, yoga mat and water bottle to every class.

Begin Appointments

Bookings: Bookings can be made 7 days in advance.

Cancellations: If you can no longer attend your appointment, go to My Schedule in your Active World app and “Notify Absence”.

Other:

- Arrive 10 minutes before the appointment start time.
- Participants are required to notify the staff of any medical conditions that may impact on their safety, wellbeing and enjoyment.
- Persons who are pregnant, suffer from heart disease, have physical injuries, have medical conditions that restrict their ability to exercise or are over the age of 50 must consult with a medical practitioner before participating in fitness activities.
- Members can only make appointments within the time restrictions of their membership.
- Please wear appropriate active wear clothing and closed toed shoes.
- Please bring a towel, yoga mat and water bottle to each appointment.

Personal Training Appointments

Bookings: Bookings can be made by calling the centre and can be made 7 days in advance.

Cancellations: If you can no longer attend your appointment, please contact the centre at least 24hrs in advance.

Other:

- Arrive 10 minutes before the appointment start time.
- Participants are required to notify the staff of any medical conditions that may impact on their safety, wellbeing and enjoyment.
- Persons who are pregnant, suffer from heart disease, have physical injuries, have medical conditions that restrict their ability to exercise or are over the age of 50 must consult with a medical practitioner before participating in fitness activities.

- Members can only make appointments within the time restrictions of their membership.
- Please wear appropriate active wear clothing and closed toed shoes.
- Please bring a towel, yoga mat and water bottle to each appointment.

Exercise Physiology

Bookings: Bookings can be made by calling the centre and can be made 7 days in advance.

Cancellations: If you can no longer attend your appointment, please contact the centre at least 24hrs in advance.

Other:

- Arrive 10 minutes before the appointment start time.
- Participants are required to notify the staff of any medical conditions that may impact on their safety, wellbeing and enjoyment.
- Persons who are pregnant, suffer from heart disease, have physical injuries, have medical conditions that restrict their ability to exercise or are over the age of 50 must consult with a medical practitioner before participating in fitness activities.
- Members can only make appointments within the time restrictions of their membership.
- Please wear appropriate active wear clothing and closed toed shoes.
- Please bring a towel, yoga mat and water bottle to each appointment.