

**STRIVE MOTION TERM 4 2024 CLASS TIMETABLE (11/11/24 – 20/12/24) and Venue Information**

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
Time	Class	Venue	Time	Class	Venue	Time	Class	Venue	Time	Class	Venue	Time	Class	Venue
09.00	AIM	RCC										09.30	AIM	BL
10.30	AIM	BL										10.30	AIM	BL
11.30	AIM	BL										11.30	AIM	BL
									04.00	AIM	BL			
									05.00	AIM	BL			
9.00	AIM	KP	01.00	AIM	DRLC									
			02.00	AIM	DRLC									
			05.00	AIM	RCC				04.00	AIM	BL			
			06.00	AIM	RCC				05.00	AIM	BL			
08.00	WAVES	DRLC	09.30	AIM	K	09.30	AIM	RCC	08.00	WAVES	DRLC			
09.00	WAVES	DRLC	10.30	AIM	K	10.30	AIM	RCC	09.00	WAVES	DRLC			
10.00	WAVES	DRLC							10.00	WAVES	DRLC			
09.00	AIM Online	Office										09.00	AIM Online	Office
10.00	AIM Online	Office										10.00	AIM Online	Office
									09.30	AIM	KP			

Key: RCC = Randwick Community Centre, DRLC=Des Renford Leisure Centre, BL=Bowen Library, K= Kooloora Community Centre, KP =Kensington Park Community Centre

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Venue	Address	Venue Notes
Bowen Library Community Centre	3 <sup>rd</sup> Floor 669-673 Anzac Parade, <b>Maroubra</b>	<p><b><u>ENTRY</u></b></p> <p>Take the lift to level 3, first room on the right-hand side.</p> <p>There is very limited <b>parking</b> beneath the Bowen Library. Parking is also available in the car park between the lanes on Anzac Parade. Pacific Square Shopping Centre Car Park can also be used.</p> <p>Venue is on the 3<sup>rd</sup> floor. Accessible by lift. During Covid restrictions the capacity of the lift is 2. Arrive early to reach class on time.</p>
Des Renford Leisure Centre	Cnr Jersey Rd & Robey St <b>Maroubra</b>	<p><b><u>ENTRY</u></b></p> <p><b>WAVES</b> classes are in the indoor heated 25m training pool on the left as you enter through reception. Change area is on the right.</p> <p>There is an <b>entrance fee</b> payable to DRLC for each visit.</p> <p>The rates are:</p> <p>Adult single visit- \$7.90</p> <p>Pensioner single visit - \$4.90</p> <p>Adult swim 20 pass= \$142.20</p> <p>Concession swim 20 pass= \$88.20</p> <p>Parking is free in the venue car park.</p> <p><b>AIM</b> classes are held in the fitness studio on the right-hand side after you enter through reception.</p> <p><b>Carer and Companion</b> – When a client is needed of assistance with a carer. A companion Card can be applied through <a href="#">Service NSW</a>. And the companion card will wavier the entry fee. The Des Renford receptionist can assist when needed with a physical copy. However an electric form can be downloaded on the Service NSW website.</p>

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Gunyama Park Aquatic and Recreation Centre	17 Zetland Avenue, Zetland NSW 2017	<p><b><u>PARKING</u></b></p> <p>There is parking directly outside the venue. Cost is \$5.50 per hour. Use credit card to pay. 40% discount is refundable on to credit card at reception for people using the aquatic centre. Cost for parking works out at \$3.24 per hour.</p> <p><b><u>ENTRY</u></b></p> <p>WAVES participant entry fee \$2.00 per visit. It is sperate to our term fee and is payable to the venue. This includes a cup of tea and a biscuit after class if desired.</p> <p>A form is required to be completed at first visit. Contact details and health information is requested from Gunyama Pool. Following this (usually the following week) a swipe card is issued to client. This can be loaded with credit e.g. \$20 will entitle the client to 10 visits. The swipe card with credit allows the client to pass through the entry gate without having to line up at reception.</p> <p>The swipe pass doubles as a locker key.</p> <p>The hydrotherapy pool is on the Right after the entry gate.</p> <p><b>Instructor Parking:</b> There are plenty of free 4hr parking spots located on Gadigal Ave and nearby streets (Grandstand Parade, Victoria Park Parade etc.) which is only a 4 min walk from Gunyama.</p>
Kensington Park Community Centre	1 Day Ln, Kensington NSW 2033	<p><b><u>ENTRY</u></b></p> <p>Participants can park in the venue car park.</p> <p>They will press 'Hall 2' at the boom gate, and this will ring the intercom located inside the Hall.</p>
Kooloora Community Centre	167 Bilga Cres, Malabar	<p><b><u>ENTRY</u></b></p> <p>Free parking available on street.</p>
Randwick Community Centre	27 Munda St, Randwick	<p>Car parking is free and plentiful at venue.</p> <p>Closest bus stop is on Bundock Street (5 min walk) so transport may need to be arranged for those who cannot walk far/do not drive.</p>