

Term 3 – 2019 Public Swimming Pool Timetable

Monday – Thursday : 7am – 1pm & 4pm – 8pm

Friday: 7am – 1pm & 3pm – 7pm

Saturday: 9am – 12noon



As of 15th July 2019

Operating Hours:
Monday – Thursday : 7am – 1pm & 4pm – 8pm
Friday: 7am – 1pm & 3pm – 7pm
Saturday: 9am – 12noon

Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Centre closed
7.30						
8.00						
8.30					8.30am-10.30am Learn to Swim	
9.00					Public (half pool) Swimming	9. am-11.00am Learn to Swim
9.30		9.30am-11.am Learn to Swim	9.30am-11.am Learn to Swim	9.30am-11.am Learn to Swim	Public (half pool) Swimming	Public (half pool) Swimming
10.00	10.am-11am FAB-Hydro (half pool)	Public (half pool) Swimming	Public (half pool) Swimming	Public (half pool) Swimming	Public (half pool) Swimming	Public (half pool) Swimming
10.30	Public Swimming	Public (half pool) Swimming	Public (half pool) Swimming	Public (half pool) Swimming	10.30am-11.30 FAB-Hydro (half pool)	Public (half pool) Swimming
11.00					Public Swimming	
11.30						
12noon						Centre closed
12.30pm						
1.00	Centre closed	Centre closed		Centre closed		
1.30						
2.00						
2.30						
3.00					Public Swimming	
4.00	4.pm – 6.30pm Learn to Swim	4.pm – 6.00pm Learn to Swim	Public Swimming	4.pm – 5.30pm Learn to Swim		
4.30	Public (half pool) Swimming	Public (half pool) Swimming		Public (half pool) Swimming		
5.00	Public (half pool) Swimming	Public (half pool) Swimming		Public (half pool) Swimming		
5.30	Public (half pool) Swimming	Public (half pool) Swimming				
6.00	Public (half pool) Swimming				Public Swimming	
6.30	Public Swimming					
7.00					Centre closed	
7.30						
8.00	Centre closed	Centre closed	Centre closed	Centre closed		



ALPINE SHIRE SPORTS CENTRE offers a diverse range of cardio and strength training classes for all members of its community.

Each class is specifically designed to focus on a broad variation of exercises, involving cardio, weight and strength training. The Bright Sports centre classes range from low to high intensity, catering for all individuals with specific needs. Also at the Bright Sports Centre a room catering for classes in Spin, bookings can be arranged. For pool bookings please contact Bright Sports Centre on 03 5755 1049 or email below.

Our other two facilities Mount Beauty Sports Centre, Myrtleford Pool have a range of Fitness activities. They Include Aqua Aerobics in a solar heated pool, stadium usage for indoor basketball, squash courts, gymnasium.

For more information or to make a booking please contact your Centre

Bright Sports Centre

47-49 Gavan Street

Bright, 3741

Ph: 5755 1049

barbarab@alpineshire.vic.gov.au

Operating Hours

Monday to Thursday

7am-1pm – 4pm-8pm

Friday 7am-1pm 3pm-7pm

Saturday 9am - Midday

* Learn to Swim programs and times are conducted during the School Term (see Timetable)

** Scheduled to commence Term 3 15th July 2019.

*** Wandi School Program starts Term 1, 2, 4

**** Porepunkah & Bright P12 School Term to be confirmed

***** FAB – Hydro Monday & Fridays Flex and Bend session involves exercising in pool supported by water

Bright Sports Centre – Term 3 – 2019 – Class Description

CLASS DESCRIPTIONS

P.O. S: Posterior Oblique Sling This class targets multiple Sling systems including the POS/AOS (Posterior / Anterior Oblique Sling) (deep Longitudinal & Lateral Systems) sling movements is where the opposite sides of the body are doing opposite actions. This training is used for stability and strengthening for natural functional movement. This is a floor/mat – based workout of Low – med impact for intermediate to advance.

T.H.T: Tummies Hips Thighs this class targets the area of the abdominals, glutes & thigh's, which also burn calories, raise metabolism and tone muscles. Exercises are designed to firm tummy, tighten bottom and tone thighs as well as strengthen and support your back. This is floor/mat – based workout of low impact for beginners to intermediate.

H.I.I.T: 45 Minutes High Intensity Interval Training High – Intensity Interval training is a training technique in which you give one hundred percent effort through quick, intense burst of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more calories in less time. Ratio 1:2-3. This is a high intensity/ high impact workout for intermediate to advanced. **To be confirmed Term 4 - 2019**

STRENGTH & TONE: Free Style low Impact class using Light to Moderate weights with a focus on a variety of equipment with simple moves to improve overall body strength and tone.

BALANCE: Full body balance targets all people in all walks of life. This is the foundation of natural human movement and focuses on strengthening our balance and stabilizing muscles. Movements and posture will be soft but challenging using the body's own resistance whilst holding long poses. This is a slow and strong workout for beginners to advance. No floor/mat work.

CIRCUIT MONDAY: This circuit class involves perfect technical training from start to finish. By working at your own intensity incorporating a full body workout, this class can give you that fine tuning. This class is great for those who might have a few recovering injuries or getting back in the game.

CIRCUIT SATURDAY: Low and high intensity circuit, targeting on all muscle group working. Each week will be a focused area with the occasional full body workout. By increasing all areas in stability, strength, cognition, cardiovascular and flexibility this is a class for you.

SHINKYOKUSHIN KARATE: (WAY OF THE ULTIMATE TRUTH). Kyokushin karate is a Japanese style of karate that has been operating in Bright and Porepunkah since 1998. This style of Karate was developed as a full contact karate style. From its home at the foot of the mountains Alpine Dojo embraces this philosophy and offer training to a wide variety of adults and students of all ages, building strong principles that will last them a lifetime.

Bright Sports Centre – Term 3 – 2019 – Class activity

CLASS ACTIVITIES

Class Schedule:												
	POS Core \$11.00 - 60 Minutes		Basic Balance \$6.00 – 60 Minutes								As of 1 st July 2019	
	HIIT Circuit \$11.00 - to be confirmed		Circuit \$11.00 – 60 Minutes									
	Strength & Tone \$7.00 – 60 Minutes		Alpine Dojo Contact Sue 0407 030 191									
	T,H,T (Tummies, Hips, Thighs) \$7.00) - 60 minutes											
Time:	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
6:00	Centre closed	Centre closed	Centre closed	Centre closed	Centre closed	Centre closed	Centre closed	Centre closed	Centre closed	Centre closed	Centre closed	Centre closed
6:30												
7:00	Gym		Gym		Gym		Gym		Gym			
7:30												
8:15												
8:30												
9:00		T,H,T		Strength & Tone		Full Body Balance				Strength & Tone	Gym	Circuit Moderate High
9:30		NETTE		ALEX		NETTE				Alex		ALEX
10:00												
10:30												
11:00												
11:30												
12noon											Centre closed	Centre closed
12:30												
1:00	Centre closed	Centre closed	Centre closed	Centre closed	Centre closed	Centre closed	Centre closed	Centre closed	Centre closed	Centre closed		
1:30												
2:00												
3:00									Gym			
3:30												
4:00	Gym		Gym		Gym		Gym					
4:30												
5:15				5.15pm 7.45pm								
5:30				Alpine		POS Core						
6:00		Circuit Moderate High NETTE		Dojo		NETTE						
6:30				Karate								
7:00				SUE								
7:45												
8:00												

Note: Paul Nixon remedial massage business operates from the Centre: Monday & Friday 9am – 5pm and Saturday 9am – 12noon