

WIRAC Term Programs

In addition to our group fitness timetable, several of our programs are run during School Term. This list of programs is updated regularly through the year. We encourage our patrons, members and visitors to come and experience them.

Term programs

Rise Freestyle Warriors

A dance fitness class with a focus on freestyle dancing combined with games. An exciting way to build confidence and fitness.

Ages: Prep to Year 12

Futsal & Basketball

A friendly adult mixed competition with fixtures for ages 16+.

Kids Climbing

A fun and easy way to stay active and increase confidence in children typically less than 13 years old. Climbing difficulty varies from beginner to the more experienced rock climber.

Sports Abilities

WIRAC & Community Options are working together in providing sports ability games. The program is designed to encourage people with disabilities to get involved and participate in physical activity. The activities will include various court games and circuits with a focus on fun, teamwork and socialising.

Tai Chi

Designed for older adults to help maintain an active lifestyle, prevent falls and strengthen joints. This 60min class is gentle and suitable for all fitness levels. A great way to stay active and meet new people.

MON	TUE	WED	THU	FRI	SAT
	10.00am Badminton	10.30am Sports Abilities Pool			
3:30pm Tae Kwon Do	3:30pm Tae Kwon Do	3:30pm Tae Kwon Do	3:30pm Tae Kwon Do		
		3.30pm Rise Freestyle Warriors			
	4.30pm Sports Abilities Courts	4.30pm Kids Rock Climbing	4.30pm Tai Chi	 	
From 6.00pm Netball	From 6.00pm Netball	From 6.00pm Basketball	From 6.00pm Futsal		

Other Programs

The programs below are managed by local Clubs and organisations who use WIRAC facilities. Please contact the organisation directly for more information.

Netball

Contact: Linda Bunch @ 0407 734 380

Tae Kwon Do

Contact: Merv @ 0466 352 637

Social Badminton

Just turn up on Tuesday 10am

*WIRAC reserves the right to make changes to term programs based on change of circumstances

Term Programs Pricing

Casual fees

Rise Classes	Gold coin donation
Kids Climbing	\$ 5.00
Sports Abilities	\$ 4.00
Badminton	\$ 6.00
Tai Chi	\$ 6.00

Term fees

Futsal - per game	\$ 5.00
Upfront Payment per term	\$ 39.90
Futsal QLD Rego (Yearly)	\$ 20.00

Basketball - per game	\$ 7.50
See Reception for details	

Summer Opening Hours

	Centre	Pool
MON	5.30am to 8.00pm	5.30am to 8.00pm
TUE	5.30am to 8.00pm	5.30am to 8.00pm
WED	5.30am to 8.00pm	5.30am to 8.00pm
THU	5.30am to 8.00pm	5.30am to 8.00pm
FRI	5.30am to 8.00pm	5.30am to 8.00pm
SAT	7.00am to 6.00pm	7.00am to 6.00pm
SUN	11am to 6.00pm	11am to 6.00pm

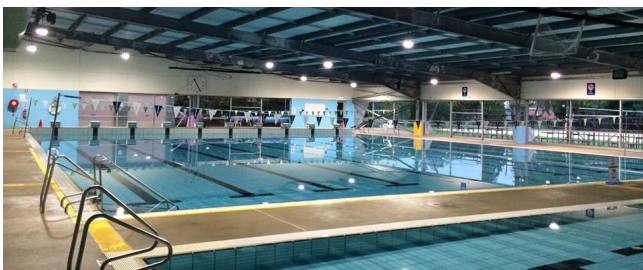
Warwick Indoor Recreation & Aquatic Centre

Contact:

29 Palmerin St, Warwick 4370

(07) 4661 7955

www.wirac.com.au



WIRAC

Term Programs



From January 2018

