

Join us for lots of fun activities to help us celebrate 10 amazing years!
When: Sunday 15 September, 10am - 4pm

Normal capacity limits apply. Details captured on entry. Times may vary. Please check Customer Portal when booking.

Scan the QR code to learn more or book in!



	All Day Fun	Pools	Gym Floor	Live Classes <i>Bookings essential</i>	Virtual Classes <i>Bookings encouraged</i>	Tours <i>Bookings encouraged</i>	Formalities
8am - 9am	<p>Free Entry 10am - 4pm</p> <p>Watch Around Water Wristband and water safety education table</p> <p>Face Painting 11am - 2pm</p> <p>Yummy Café Specials \$5 Cafe Birthday Box Grab & Go Fruit Bowl Birthday Sweets <i>Available all day, while stocks last!</i></p> <p>BBQ 12pm - 2pm Location: PARC Entrance <i>Gold coin donation</i></p> <p>Can Swim Pop Up 12:45pm - 3:45pm Location: Pool deck</p> <p>Retail Visit our Retail area for PARC merchandise and Frankston Monopoly!</p> <p>Spot Prizes Fun spot prizes given out throughout the day!</p>	<p>Come & Try Small Group Training (45 min) 8:30 - 9:15am <i>Full Access Members Only No free entry Bookings essential</i></p> <p>Come & Try Small Group Training (45 min) 9:30 - 10:15am <i>Full Access Members Only No free entry Bookings essential</i></p>	<p>Mega Class (90 min) 8:30am - 10am, Location: Studio 1 <i>No free entry Bookings essential</i></p>	<p>Les Mills Core Class (30 min) 10:30am, Location: Studio 1 <i>Bookings essential</i></p>	<p>Membership Centre Tours (30 min) Tours running at: 9am 9:45am</p>	<p>Membership Centre Tours (30 min) Tour running at: 10:30am</p> <p>Behind the Scenes Facilities Tour (30 min) Tours running at: 11:30am 11:45am</p> <p>Membership Centre Tours (30 min) Tour running at: 11:15am</p>	<p>Council and Partners Presentation in PARC Childcare space. <i>Invitation Only</i></p>
9am - 10am							
10am - 11am		<p>Deep Water Running Class (45 min) 11am Location: Deep 25 end <i>Bookings essential</i></p>	<p>ASN Tasting Station Find out how you can support workout preparation and recovery (All day on Gym Floor)</p>	<p>BodyBalance Class (1 hr) 1pm Location: Studio 1 <i>Bookings essential</i></p>	<p>BodyAttack Virtual Class (45 min) 1pm Location: Studio 1</p>	<p>Membership Centre Tours (30 min) Tours running at: 1pm 1:45pm</p>	<p>Foundation Members Presentation in PARC Childcare space. <i>Invitation Only</i></p>
11am - 12pm		<p>PARC Swim Usual lessons continue until 12:15pm</p> <p>Meet a Lifeguard! Come say hello and learn about water safety. 11am - 1:30pm</p>	<p>Vertical Jump Challenge Try the Challenge and win fun prizes! (All day on Gym Floor)</p>	<p>Vinyasa Yoga Class (45 min) 3pm Location: Studio 2 <i>Bookings essential</i></p>	<p>Grit Strength Virtual Class (30 min) 2pm Location: Studio 1</p>	<p>Membership Centre Tours (30 min) Tour running at: 2:30pm</p>	
12pm - 1pm		<p>PARC Swim Starts 12:45pm - 3:45pm Last session begins at 3:15pm <i>Bookings essential</i></p>		<p>RPM Class (2 hr) Special 2-Hour RPM class by member request! 2pm - 4pm Location: Cycle Studio <i>Bookings essential</i></p>	<p>Body Balance Virtual Class (45 min) 4pm Location: Studio 1</p>	<p>Membership Centre Tours (30 min) Tour running at: 3:15pm</p>	
1pm - 2pm		<p>AquaZumba Class (45 min) 12:45pm Location: Shallow 25 end <i>Bookings essential</i></p>					
2pm - 3pm		<p>Swim Coach Pop Up 2pm - 3pm Training tips from Level Up</p>					
3pm - 4pm							