

Women's Wellness - FAQs

What is Women's Wellness?

Women wellness is a program inclusive of sessions that are exclusively designed for women to gather in a secure and welcoming environment to engage in recreational activities.

Will all on-site staff be female?

All staff present during these sessions will be female.

When do these sessions take place?

From 15 October to 7 July, sessions will run every Sunday evening from 6pm to 9.30pm at Cannington Leisureplex. Please note that sessions will not run during public holidays.

What is offered during these sessions?

During these sessions, the aquatic hall, wellness suite, gym, and sports courts will be accessible. Additionally, we will conduct swimming lessons, an aqua fitness class, and a gym fit class throughout the evening.

How much does each session cost?

We have a range of access to suit everyone.

- Casual Pool Access (includes entry to the pool only): \$7.20 (Concession: \$5.50)
- Casual Gym Access (includes gym and sports facilities): \$7.20 (Concession: \$5.50)
- Casual Full Access (includes all services): \$12 (Concession: \$8.50)
- Swimming Lessons: \$112 (\$14.00 per lesson for 8 lessons)
- Fitness Plus membership includes all access and complimentary Kids Zone sessions.

What are aqua classes?

Aqua classes are engaging and low-impact sessions lasting 45 minutes, designed to enhance or sustain your fitness levels. These classes are tailored for individuals aged 16 and above, suitable for all fitness levels, and offer a wonderful social experience.

What are GymFit classes?

GymFit classes are distinctive circuit workouts, akin to boot camp, held in the gym and lasting 30 minutes. The instructor will guide you through exercises focusing on strength, power, cardio, and more. These classes are suitable for individuals over 16 years of age, and instructors provide various options to accommodate different fitness levels.

What will be available on the sports courts?

The sports courts will be available for badminton sessions.

Can I bring my child/children to these sessions?

Children under the age of 6 are permitted to attend with a supervising adult aged 18 or older. Children over the age of 6 will be restricted to girls only. There will be a Kids Zone on-site.

Is creche (child minding) available?

Yes. We have Kids Zone open for all children age between 12 weeks and 12 years. Entry fee is \$4.00 per child per session. Places are subject to availability.

Will my existing membership give me access to women's wellness session?

If you have an existing direct debit or upfront membership with us, you will have the same access level as your current membership in the women's wellness session.

How long do swimming lessons run for?

Swimming lessons run for 45 minutes each session. The program will run over a span of 8 weeks.

Who can I contact if I need help?

You can contact our friendly leisure staff at leisureplex@canning.wa.gov.au