

## AQUATIC GROUP FITNESS

### Aqua Moves

A high-energy class designed to offer a variety of cardiovascular and muscular endurance moves set to motivating music. Designed to maintain heart health, dynamic stability and general agility.

### Aqua Balance

This aquatic rehabilitation program promotes joint mobility, improves muscular imbalances and aids general relaxation. Great for anyone carrying an injury or physical limitations.

### Aqua Tai Chi

A healing flow of continuous movements designed to balance any imbalances, eliminate any blockages and induce a meditative state where one can nurture one's awareness of the body and the self.

### Aqua Play Group

Combines water familiarisation with social interaction at a compatible venue and time. Parents are in the water with their babies (aged 3-6 months), while a qualified AUSTSWIM teacher guides the group through holds, floating, pre-conditioning, submersion and water safety.

### Swim Fit

Designed for everyday people wanting to maintain or improve their swimming techniques and general fitness. This class has a minimum age of 12 years. Three lanes are allocated for each session - Beginner/Slow, Intermediate/Medium and Advanced/Fast - so swimmers can work at their own pace. Ideal for people training for open water swims, triathlons or simply for improving fitness.

### Junior Squads

Similar to 'SwimFIT' however the junior squads cater to children under 12 years of age. This squad is a non-competitive environment, promotes swimming technique and fitness.

### AquaLogix

Aquatic training for the stronger members of the market. Omni-directional bells and blades provide fluid resistance no matter which way you move. Popular with those looking to fire up their nervous system without getting injured.

## Open Hours

Monday–Thursday 6am – 8.30pm

Friday 6am – 7pm

Weekends 8am – 4pm

Public Holidays 10am – 4pm

Closed Christmas Day

Boxing Day and Good Friday



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 Bluewater

**AQUATIC GROUP  
FITNESS**

**It's Your Bluewater**



# Aquatics 2018

TERM 1	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am	Aqua Moves	Aqua Logix (New Class)	Aqua Moves		Aqua Moves
10:30am	Aqua Balance	Aqua Balance	Aqua Logix (New Class)	Aqua Balance	
11:30am					
11:45am		Aqua Play Group	Aqua Tai Chi		
4.30pm	Junior Squad				
5.30pm	SwimFIT	Junior Squad			
6.00pm			Aqua Logix		
7:00pm	Aqua Balance		Aqua Balance		
7:00pm			SwimFIT		

Main Pool	Warm Water Pool
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## COMING SOON...

During 2018 we are continuing to grow our Aquatic Group Fitness offerings.

By the end of March 2018 we are introducing:

- Morning SwimFIT (Adult Squad) sessions
- An additional Aqua Playgroup class
- Additional Active Ageing programs

## Feedback

We are hoping to deliver a fantastic Aquatic program in 2018. If you have any feedback we'd love to hear it.

Please contact reception on your next visit or email our Aquatic Coordinator:  
[Chard.Verdolini@colacotway.vic.gov.au](mailto:Chard.Verdolini@colacotway.vic.gov.au)

Concession cards accepted:

Student Card, Pension Card  
 Senior Card, Health Care Concession

## GROUP FITNESS CLASSES

Students aged 10 - 14  
 must be under the immediate supervision  
 of a parent / guardian over 16