

Over 50s is Bluewater's highly successful strength training program for older adults.

If you're 50+ years & committed to maintaining your strength and dexterity to enjoy a full and independent retirement, the over 50s program is perfect for you!

Best of all, Over 50s is just \$6.80 when you visit during the times designated on the timetable.

Session Times:

GYM:	Tuesday, Thursday & Friday <i>(organised instructor)</i>	1:30pm - 2:30pm
Active Moves:	Monday <i>(program)</i>	9:30am - 10:15am
Active Outdoors:	Wednesday <i>(program)</i>	9:30am - 10:15am

Program Benefits:

- Build strength
- Increase your range of movement
- Meet like-minded people
- Variety of exercise programs
- Improve bone density
- Enhance your quality of life
- Qualified & dedicated instructors
- Programs adapted to your ability

How to Register:

- Collect a **Senior PARQ*** from Bluewater
 - Make an appointment with your GP, ask that they complete and sign the Senior PARQ form
 - Come along to your first session with your completed form
 - \$6.60 per session when you come during designated Over 50s hours
- First Session is FREE!***

What to Bring:

- Water Bottle
- Comfortable Clothing
- Small towel
- Lace up walking shoes

Offsite Programs

Bluewater also offers offsite programs at Forrest and Birregurra \$5.00 per session.

Birregurra	Tuesday	9.00am – 10.00am
Forrest	Tuesday	11.00am – 12.00pm

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