

## AQUATIC GROUP FITNESS

### Aqua Moves

A low-intensity, low-impact workout with classic tunes and moves. Equipment includes traditional aquatic dumb bells, noodles and aqua-sticks.

Designed for clients looking to maintain cardiovascular health, dynamic stability and general agility.

### Aqua Logix

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.

### 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, as exercises are easily modified to your goals and needs.

### Open Swim Squad

For those looking to build on technique and stamina.

### Junior Swim Squad

For those people who have completed the high levels of swim school or can swim over 50m of two strokes to the satisfaction of the coach.

### 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

## TERM 4, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>6:30am</b>			<b>Open Squad</b>		
<b>9:30am</b>	<b>Aqua Moves</b>			<b>Aqua Logix</b>	<b>Aqua Moves</b>
<b>10:30am</b>	<b>Aqua Balance</b>	<b>Aqua Balance</b>	<b>Aqua Moves</b>	<b>Aqua Balance</b>	
<b>4:30pm</b>	<b>Junior Squad</b>				
<b>5:30pm</b>	<b>Open Squad</b>				
<b>6:30pm</b>		<b>Aqua Logix</b>			
<b>7:00pm</b>	<b>Aqua Balance</b>		<b>Aqua Balance</b>		

<b>Main Pool</b>	<b>Warm Water Pool</b>
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### CASUAL PRICES

Per visit	Family	Adult	Conc.	Child
Swim	\$18.90	\$6.20	\$5.10	\$4.30
Swim Spa Steam	-	\$10.90	\$9.00	-
Class / Squad	-	\$12.30	\$10.10	-

### MULTIPASSES

Pass Type	x 10	x 30
Adult Swim	\$58.80	\$158.00
Conc. Swim	\$46.00	\$130.00
Child Swim (Primary)	\$38.70	-
Adult Class / Squad	\$111.00	\$314.00
Conc. Class / Squad	\$91.00	\$259.00

Concession cards accepted:

Student Card, Pension Card  
Senior Card

### GROUP FITNESS CLASSES

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