

## AQUATIC GROUP FITNESS

### 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.

### 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.



### 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



118 - 134 Hearn Street, Colac VIC 3250

P: 03 5232 9551 E: [bluewater@colacotway.vic.gov.au](mailto:bluewater@colacotway.vic.gov.au)

[www.bluewater.org.au](http://www.bluewater.org.au) | [www.colacotway.vic.gov.au](http://www.colacotway.vic.gov.au)

**TERM 3, 2017**  
**17/7/17 to 24/9/17**



Bluewater

**AQUATIC GROUP  
FITNESS**

**It's Your Bluewater**



# Aquatics

## TERM 3, 2017

TERM 3	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am	Aqua Moves		Aqua Moves		Aqua Moves
10:30am	Aqua Balance	Aqua Balance		Aqua Balance	
11:30am			Aqua Tai Chi		
11:45am		Aqua Play Group			
7:00pm	Aqua Balance		Aqua Balance		



<b>Main Pool</b>	<b>Warm Water Pool</b>
------------------	------------------------

### CASUAL PRICES

Per visit	Family	Adult	Conc.	Child
Swim	\$19.50	\$6.50	\$5.30	\$4.50
Swim Spa Steam	-	\$11.50	\$9.50	-
Class / Squad	-	\$12.80	\$10.50	-

### MULTIPASSES

Pass Type	x 10	x 30
Adult Swim	\$58.00	\$165.00
Conc. Swim	\$48.00	\$135.00
Child Swim (Primary)	\$40.00	\$115.00
Adult Class / Squad	\$115.00	\$325.00
Conc. Class / Squad	\$95.00	\$270.00

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