

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. Three lanes are allocated for each session - Beginner/Slow, Intermediate/Medium and Advanced/Fast - so swimmers can work at their own pace.

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



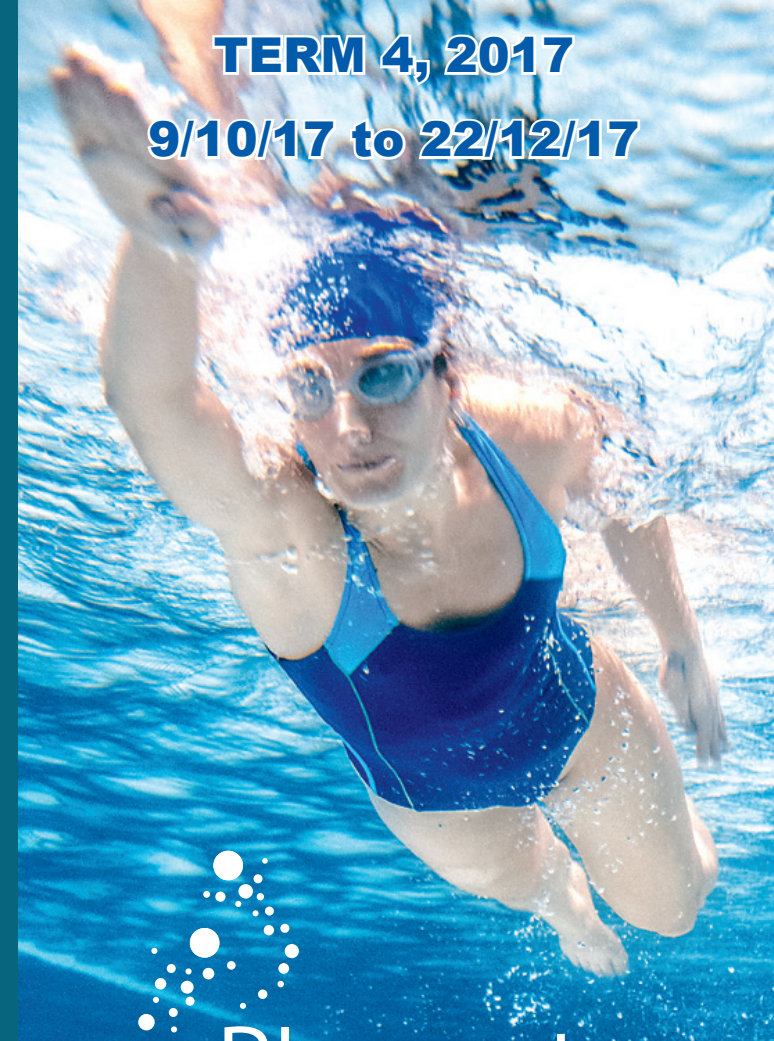
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TERM 4, 2017

9/10/17 to 22/12/17



 **Bluewater**

**AQUATIC GROUP
FITNESS**

It's Your Bluewater



Aquatics

TERM 4, 2017

TERM 4	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			
5.30pm	Swim Fit				
6.00pm			Aqua Logix		
7:00pm	Aqua Balance		Aqua Balance		
7:00pm			Swim Fit		

Main Pool	Warm Water Pool
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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