

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.

Walking Water Polo

A non-contact, low impact take on water polo, where players walk instead of swim to move about the pool. Designed to optimise social as well as physical activity for Over 50's who might be intimidated by the pace, physicality and difficulty of traditional water polo.

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.

Junior Squad

Training sessions that develop the swimming technique of novice and junior swimmers. This is generally defined as swimmers 12-years and under who are still acquiring the skills needed for club and competitive swimming, or those who prefer to a less rigorous program than club swimming.

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

www.bluewater.org.au | www.colacotway.vic.gov.au

Jan 21-27, 2019



 **Bluewater**

**AQUATIC GROUP
FITNESS**

It's Your Bluewater



Aquatics

Jan 21-27, 2019

Main Pool	Warm Water Pool
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January 21 - 27	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am	Aqua Moves	Aqua Logix	Aqua Moves		Aqua Moves
10:30am	Aqua Balance	Aqua Balance	Aqua Logix		
11:45am			Aqua Balance		
2:00pm				Walking Water Polo	50+
6:15pm			Aqua Logix		
7:00pm	Aqua Balance		Aqua Balance		

CASUAL PRICES

Per visit	Family	Adult	Conc.	Child
Swim	\$20.50	\$6.80	\$5.50	\$4.65
Swim Spa Steam	-	\$12.10	\$10.00	-
Class / Squad	-	\$14.80	\$12.20	-
Water Polo (Over 50's)			\$7.30	

MULTIPASSES

Pass Type	x 10	x 30
Adult Swim	\$65.00	\$183.00
Conc. Swim	\$53.00	\$149.00
Child Swim (Primary)	\$40.00	\$120.00
Adult Class / Squad	\$141.00	\$399.00
Conc. Class / Squad	\$116.00	\$328.00

Concession cards accepted:

Student Card, Pension Card
Senior Card, Health Care Card

GROUP FITNESS CLASSES

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