

2021/22
Summer

Bluewater

Aquatic Group Fitness Timetable

24/7 gym
and virtual
group fitness
access
available
Conditions Apply

Open Hours

Monday	6.00am - 8.30pm
Tuesday	6.00am - 8.30pm
Wednesday	6.00am - 8.30pm
Thursday	6.00am - 8.30pm
Friday	6.00am - 7.30pm
Saturday	8.00am - 4.00pm
Sunday	8.00am - 4.00pm

Public Holidays 10.00am - 4.00pm

What types of concession cards we accept:

Health Care Card
Pension Card
Seniors Card
Student Card
Carer and Companion Cards
Department of Veteran's Affairs Pension

Bluewater
Colac Otway
SHIRE

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

Find us on 

Our Aquatic Group Fitness classes are FREE for our Platinum and Aqua members.

Thinking about starting a membership? Our memberships workout cheaper than two casual visits each week!

Talk to our Customer Service Team and ask about which of our different memberships best suits your needs.



Casual Visit Costs

TYPE	COST
Adult	\$15.80
Concession	\$12.70
Aqua Playgroup	\$5.90
Over 50's Programs*	\$7.90
Walking Water Polo	\$5.90

Bluewater Childcare

Did you know Bluewater has a childcare facility? Our qualified educators run programs Monday - Friday mornings, 9.00am - 11.30am. Our service is open to all, whether using the centre, or heading out! Bookings are essential. Conditions apply.

Ask for a Childcare Brochure for more information!



Bluewater Swim School

Our Swim and Survive program teaches vital life skills in a safe, nurturing environment. Our classes run Monday - Saturday mornings, and Monday-Friday afternoons. We have a range of payment and enrolment options and lessons are \$16.20, with discounts and concession available.

Ask for a Swim School Brochure for more information!



AQUATIC GROUP FITNESS TIMETABLE

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 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 agility.

AQUA PLAYGROUP

A fun water experience for babies first introduction to swimming pools. Parents are in the water with their babies (aged 3-9 months), while a qualified AUSTSWIM teacher guides the group through holds, floating, pre-conditioning, submersion and water safety. A great trial start to our Swim School program, with no locked in commitments.

MONDAY

**AQUA
MOVES**
9.30AM

**AQUA
BALANCE**
10.30AM

**JUNIOR
SQUAD**
5.00PM

TUESDAY

WEDNESDAY

**AQUA
MOVES**
9.30AM

**AQUA
BALANCE**
10.30AM

THURSDAY

**AQUA
PLAYGROUP**
11.00AM

FRIDAY

SQUAD

Training sessions that develop the swimming technique for intermediate swimmers of all ages. This program is split into Junior Squad (10-16 years) and Adult Squad (16 years-above) who are still acquiring the skills needed for club and competitive swimming, or those who prefer to a less rigorous program than club swimming.

JUNIOR LIFEGUARD CLUB (JLC)

Open to students 8-12 years who can swim at least 25m and tread water for 2 minutes, JLC offers an aquatic alternative for those who want to move beyond swimming skills to focus on lifesaving, team work and leadership skills. JLC incorporates 10 activity streams to produce unique achievement opportunities, including progress through to Bronze Medallion, formal lifeguard qualifications and/or lifesaving competition pathways.

Where is my class located?

25M Pool

Warm Water Pool



Aquatics

GROUP FITNESS

Looking for Group Fitness out of the water? Check out our Group Fitness timetable. Ask our Customer Service Team for a Timetable, and more information!

ACTIVE AGING

Looking for a program for adults aged 50+? Check our Active Aging Timetable! Aimed at rehabilitation and maintaining strength with a social aspect to your fitness. Ask our Customer Service Team for a Timetable, and more information!