

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 10.00am - 4.00pm  
Holidays

### 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



118 Hearn Street, Colac VIC 3250  
 P: 03 5232 9551  
 E: 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)

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

17/01/2022—30/01/2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## 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  
MOVES**  
9.30AM

45

**AQUA  
BALANCE**  
10.30AM

45

**AQUA  
MOVES**  
9.30AM

45

**AQUA  
BALANCE**  
10.30AM

45

Bookings are recommended, as classes have capacity limits.

\*Note that this is a temporary reduced timetable, and our full timetable will recommence January 31st, 2022.

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!