

- KERTA ROAD
- AVOCA DRIVE
- ERINA



Aqua

CLASSES

\$13.50
.....
or 10 for
\$125

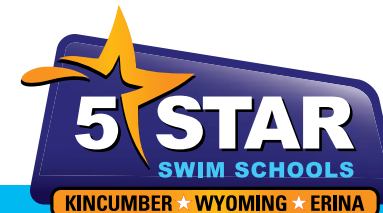
Monday	Tuesday	Wednesday	Thursday	Friday
9am Mid Pace KERTA ROAD	9.15am Beginner/ Intermediate ERINA	9am Mid Pace KERTA ROAD	9.15am Beginner/ Intermediate ERINA	9am Mid Pace KERTA ROAD
11.30am Easy Pace KERTA ROAD				1pm Easy Pace AVOCA DRIVE
7pm Med/Fast ERINA	6.30pm High Energy AVOCA DRIVE	7pm Med/Fast ERINA		

BENEFITS OF AQUAFITNESS

- No strain to weight bearing joints or the back.
- Increases or at least maintains bone density.
- Improves blood circulation and helps decrease water retention.
- Improves muscular endurance and strength.

Kerta Road: 4368 2422
Avoca Drive: 4369 1321

KERTA ROAD



Pool TIMETABLE

General Lap Swimming	Exercise/ Recovery Pool	Adult Fitness Squads	Adult Stroke Correction
25m Pool Monday Wednesday & Friday 8.30am to 3pm Tuesday & Thursday 10.30am to 3pm Saturday 9.30am to 11.45am	11m Pool 33° Wednesday to Friday 1.30pm to 3pm SATURDAY NOT AVAILABLE	KERTA ROAD Tuesday & Thursday 9.30am ERINA Monday 7pm Wednesday 9.15am	Tuesday & Thursday 9am (1/2 Hour Class) BOOKINGS ONLY

- Private Lessons & Stroke Correction by Appointment
- General Swimming: Adults \$5.90 Per Visit or 10 Visits for \$55
- Children (U17) & Seniors: \$5 Per Visit or 10 Visits for \$45
- Adult Squads: \$13.50 Per Visit or 10 Visits for \$125
- 3 Month Lap Swimming Pass – Adults: \$180 & Seniors: \$150



4368 2422