

Aqua Fitness Timetable



Toukley
Aquatic
Centre

Effective from 1 July 2022

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|------------|---------------|-----------|------------|------------|----------|
| 7:45am | Hydro Aqua | | | Hydro Aqua | | |
| 8:00am | | Shallow Water | | | | Swimfit |
| 8:45am | | | | | Deep Water | |
| 9:00am | Deep Water | | | | | |
| 6:30pm | | Swimfit | | Swimfit | | |
| 7.00pm | | Deep Water | | Deep Water | | |

| Class Name | Class Overview |
|---------------|--|
| Deep Water | This low impact, high intensity class is designed with a focus on cardiovascular fitness, functional movement and strength and core stability and includes the use of buoyancy belts, dumbbells, noodles, discs and balls |
| Hydro Aqua | This low impact class is designed with a focus on increasing functional mobility and strengthening of joints, using the warmth and buoyancy of the water to decrease load on the joints during activity and includes the use of dumbbells, noodles and discs |
| Shallow Water | This low impact class is designed with a higher level focus on functional movement, strength and core stability, with a moderate focus on cardiovascular fitness and includes the use of dumbbells, noodles and discs. |
| Swimfit | Led by a qualified ASCTA swim coach, this program is for those who can swim freestyle, but would like to improve their swimming capabilities for general fitness or for competition. Stroke correction is also provided; however, this is a non-competitive swim group which can assist beginners and advanced swimmers. |

AQUA INFORMATION:

- Class ticket can be obtained 75 mins before scheduled class time
- Classes start on time and for your safety instructors may refuse entry to latecomers
- Please ensure you give your ticket to your instructor at the start of each class
- Participants with medical conditions, injuries and expectant mothers are advised to discuss their exercise plan with a medical practitioner and instructor prior to commencing each session.

Classes do not run on public holidays and break over the Christmas period.
Please see reception for dates.

This timetable and instructors are subject to change without notice.

Please call Toukley Aquatic Centre PH: 4304 8060 for the most up to date timetable information.

| Fees Structure | |
|----------------|----------|
| Casual Adult | \$16.50 |
| Concession | \$13.50 |
| Member | |
| 10 Visits | \$165.00 |
| Concession | \$135.00 |