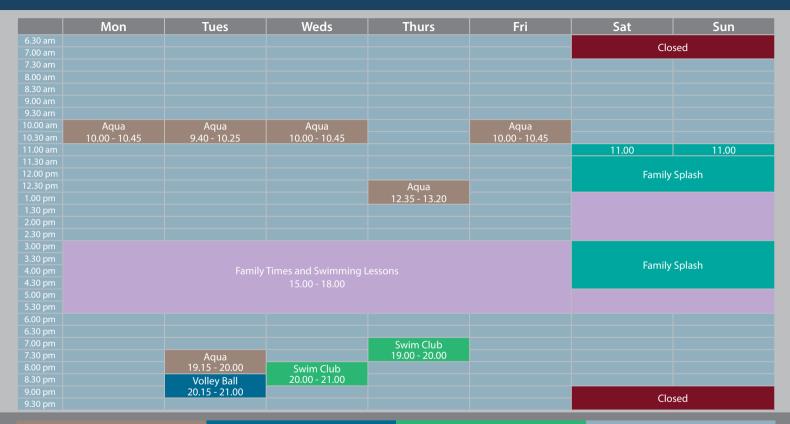
POOL PROGRAMME - MAY TO AUGUST 2014



Aqua - an aerobic/conditioning workout performed in water to improve cardiovascular fitness, improving muscle toning whilst reducing the stress on the joints. Suitable for all levels of fitness. Water Volleyball - A fun session based on the sport volleyball, but in the water. Rules have been modified to suit all levels for both males & females. Definitely a social way to get fit. **Swim Club** - Professional swim coaching for

Family Times and Splash Times
- lane restrictions apply

HEALTH CLUB OPENING TIMES:

6.30am - 10.00pm Weekdays 7.30am - 9.00pm Weekends

Notes: Family Splash Sessions are the supervised times on poolside, where floats are available for use. The floats will only be available during supervised splash times. The pool is supervised Friday 18.00-19.00, Saturday 15.00-16.00 and Sundays 11.00-12.00. During tuition times there may be some restrictions on certain pool areas.