

HEALTHY DARWIN

2026-27 Wet Season Weekly Activity

Aqua HIIT

NO BETTER WAY TO START A WET SEASON WEEKEND! Kick off your weekend with a 45-minute Aqua HIIT session at the Tropical Oasis that is the Darwin Ski Club swimming pool!

Aqua HIIT alternates short bursts of intense exercise with lower-intensity recovery periods, giving you an effective workout that's challenging but low-impact. The buoyancy of the water allows you to work at a higher intensity while reducing impact on your joints, making it a safe and effective way to improve strength, fitness and endurance in a non-impact environment.

Our sessions combine cardio and toning exercises to music, using a variety of aqua equipment. Buoyancy belts are provided, and you don't need to be able to swim! Perfect for ALL fitness levels and abilities!

Embrace the Wet Season and start your weekend with a splash!

Saturdays 03 October - 27 March

8:00am - 8:45am

Darwin Ski Club swimming pool

20 Conacher Street, Fannie Bay

No bookings required!

Instructor: Nikki - FitNutz H₂O

P - 0421 986 252

E - nichole.higgins@cdu.edu.au



Only \$5 per session!

+ \$15 (per year) Ski Club Membership

To find out more about this activity,
contact the instructor directly.



To find out more about Healthy Darwin:

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