



Outdoor Aqua Fun & Fitness

Wednesdays 11:15-12:00

Aqua Ann will charge up the music and deliver a fun-filled aqua session in Darwin's iconic Lake Alexander (East Point Reserve) to suit your fitness and comfort levels.

Bring your water bottle, towel, hat, sunscreen, sun-smart swimwear, and aqua shoes if you wish.

The session will finish at midday, the perfect time to enjoy a sandwich or picnic lunch in the shade with your new aqua friends. (An outdoor shower is available nearby.)

Location: Lake Alexander, meet near the Regional Playground

Cost: \$5 per session

Contact: Aqua Ann via 0422 402 551 or hello@aquaann.com.au

No bookings required!

Meet new people, make new friends!

Enjoy the Dry Season sunshine!



darwin.nt.gov.au/healthydarwin
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