



Suitable for all levels!

# Seniors Aqua

Wednesdays 12:00-12:45pm

Seniors Aqua is held in our shallow, saltwater heated pool (32°C) at Coconut Grove.

Suitable for all abilities and those who also may be recovering from surgeries.

Aqua Aerobics is a resistance-based program with a touch of cardio done at each individual's fitness level.

Exercises can be varied for those with restrictions.

**Location:** NT Swim School, 12 Caryota Crt, Coconut Grove

**Cost:** \$5 per session

**Contact:** Hollie [info@ntswimschool.com.au](mailto:info@ntswimschool.com.au)

**No bookings required!**

Don't let the weather outside stop you!



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