



Seniors Aqua

Wednesdays 12:00-12:45pm

Held in our 32°C, 25m shallow saltwater indoor pool in Coconut Grove, Seniors Aqua is a low-impact fitness program suitable for all levels of fitness, plus those with existing injuries.

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

Cost: \$5 per session

No bookings required!

Contact: Hollie - NT Swim School - info@ntswimschool.com.au

**Suitable
for all
levels!**

**Don't let
the weather
outside stop
you!**



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