



# Seniors Aqua

Wednesdays 12:00-12:45pm

Seniors Aqua is conducted in a temperature-controlled indoor pool, so no need to worry about the weather!

The heated saltwater pool is amazing to perform various resistance exercises.

Due to the low impact of the activity, it is also suitable for those undergoing re-hab from injury.

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

Suitable for all levels!

Don't let the weather outside stop you!



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