

Ringwood Aquatic Centre

Aqua Exercise Timetable
Beginning January 15th, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am		Aqua for Everybody <i>Deb (Main)</i>	Young at Heart <i>Kathy (H&A)</i>				
9am	Young at Heart <i>Deb (H&A)</i>					Athletic Aqua <i>Kathy (Dive)</i>	
9:30am							Aqua Power <i>Deb/Kathy/Amy (Main)</i>
10am	Young at Heart <i>Deb (H&A)</i>						
1:15pm				Gentle Aqua <i>Kathy (H&A)</i>			
6:30pm	Water Bellies <i>Deb (Main)</i>						
7:30pm	Aqua Power <i>Kathy (Main)</i>						

All Aqua Aerobic Classes will begin in the New Year as of **Saturday 14th January**.

Tuesday 'Aqua for Everybody' will return to 8:30am as of **Tuesday 28th February**.

9:15am Adult Swimming class will re-commence as of **Tuesday 28th February**.

Cost of Aqua Classes - **\$11.20**

Cost of Adult Swimming Class - **\$13.20**

Have a Safe and Happy Holiday 😊