

AQUATIC EXERCISE CLUB

DATES: 1st Feb - 5th April

DAY & TIME: Wednesday

1.15 - 2.15 pm

LOCATION: SWSC &

Koombana Bay (22/2, 1/3, 8/3)

Facilitated by SWAT Physiotherapists
Aquatic Exercise provides an opportunity to exercise and socialise with other people with similar needs and abilities in water. This weekly CLUB will assist you to reach your health & fitness goals.

Register your Expression of Interest with your SWAT Key Worker or via the SWAT CLUB Calendar by 4th January