

Your safety & well-being is our concern, so please...

- Bring water & a towel to every session
- Drink water at regular intervals
- Inform the instructor of any injuries or ailments of concern
- Arrive early to class to ensure you warm up properly
- Shower before using pool or spa facilities to remove deodorants, creams or powder from the skin
- Inform the instructor if you cannot swim

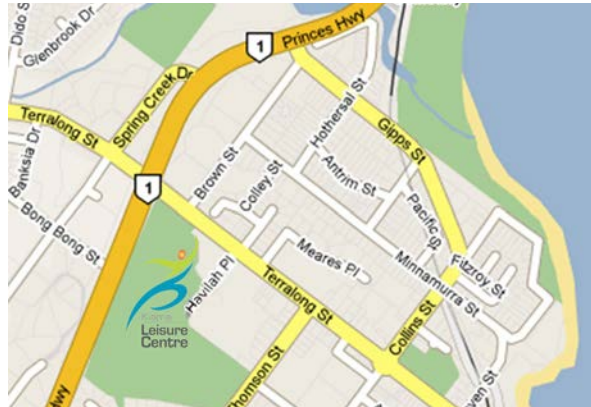


Centre Opening Hours

Monday to Thursday | 5.30am-9pm
Friday | 5.30am-7pm [Gym only open until 8pm]
Saturday | 7am-5.30pm
Sunday | 9am-5.30pm
Public Holidays | 9am-4pm
Closed Christmas Day, Good Friday & Anzac Day

Kids Corner

Child minding is available in Kids Corner while you enjoy a class, workout, pool, spa or sauna.
See the Kids Corner brochure for costs & session times.



Contact Us

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Kiama Leisure Centre



KIAMA MUNICIPAL COUNCIL
your council, your community

Updated 4/2/2019

Aqua

Water workouts for all levels...



About Aqua Classes

Aqua classes are a great work out with the comfort & support of water creating resistance without strain on joints. You do not need to get your face or hair wet!

All aqua classes are held in the Kiama Leisure Centre Pool, and there are 4 class descriptions and 3 levels to choose from.

Class Descriptions

| | |
|-------------------------|--|
| Aqua Gentle * | A 45min class specifically for those recovering from injury or those in a post operative situation. Slower paced than aqua active. |
| Aqua Active * | A 45min class specifically for arthritic, pregnancy or injury rehabilitating people. Working specifically on flexibility & strength. |
| Aqua Power ** *** | A 60min class concentrating on cardiovascular endurance with specific strengthening work. Lots of deep water activities. |
| Aqua * ** *** | A 45min class with exercise determined by level of fitness of participants in the class |

Choosing Your Class Level

| | |
|-----|---|
| * | Great beginners class, all levels catered for |
| ** | Moderate level of exercise, for those who have exercised regularly for 6-12 months |
| *** | Advanced level of exercise, for those who have exercised regularly for over 12 months |

Class Timetable

(Class times may vary for schools & holiday periods)

| | Mon | Tue | Wed | Thu | Fri |
|--------|--------------------|---------------------------|--------------------|--------------------------|--------------------|
| 7.30am | Aqua 45min (Dylan) | | | | |
| 8.00am | | Aqua Power 60min (Dave) | Aqua 45min (Dylan) | Aqua Power 60min (Dylan) | Aqua 45min (Dylan) |
| 8.15am | Aqua 45min (Dylan) | | | | |
| 9.00am | | Aqua Gentle 45min (Dylan) | | Aqua Gentle 45min (Sam) | |
| 9.45am | | Aqua Active 45min (Dylan) | | Aqua Active 45min (Sam) | |
| 6.45pm | Aqua 45min (Dylan) | | | | |
| 7.00pm | | | | Aqua Active 45min (Sam) | |

Costs

- Gentle (45min)* \$9.50
- Active (45min)* \$9.50
- Aqua (45min)* \$9.50
- Power (1 hour) \$16.00
- Concession \$9.50

All Aqua classes include free use of spa.

- Aqua vouchers
 - 5 Visits - adult \$80.00
 - 5 Visits - concession* \$45.00
 - 10 Visits - adult \$140.00
 - 10 Visits - concession* \$85.00

* A discount applies to Social Security and Government allocated Senior's Card holders and full-time students on individual activities that are not already discounted.

