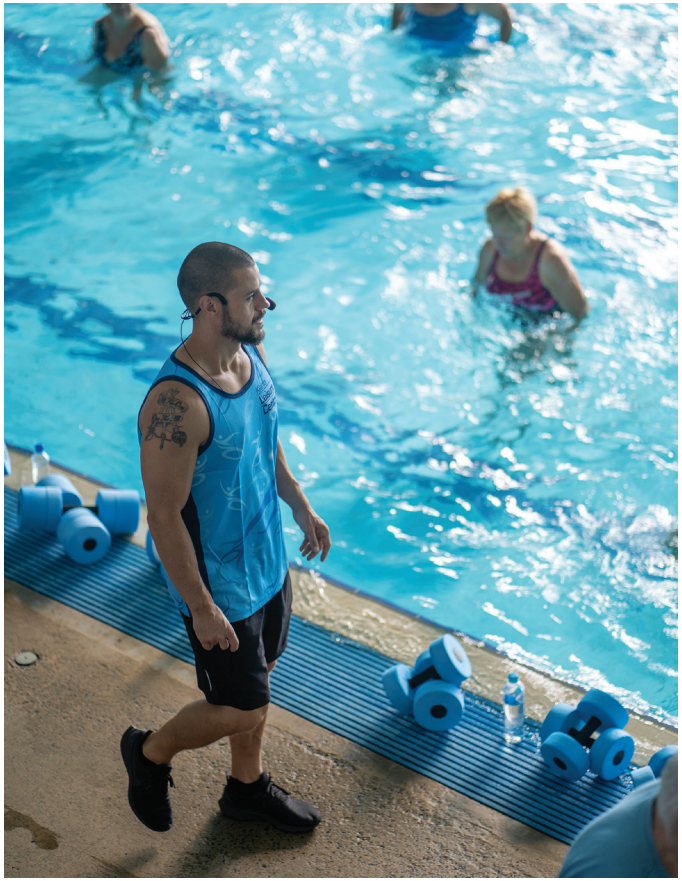
Your safety & well-being is our concern, so please...

- 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
(Pool closes at 8.45pm)

Friday 5.30am-7pm (Gym open until 8pm)

Saturday 7am-5.30pm

Sunday 9am-5.30pm

Public Holidays 9am-4pm

Closed Christmas Day, Good Friday & Anzac Day

Creche

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

Contact us

1 Havilah Place, PO Box 75
Kiama NSW 2533
Phone (02) 4232 1877 **Fax** (02) 4233 1571
Website kiama.nsw.gov.au **Email** info@kiamalc.com.au
Kiama Leisure Centre

KIAMA MUNICIPAL COUNCIL
your council, your community

Updated 30/6/2021

Aqua

Water workouts for all levels.

Kiama Leisure Centre

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

	Mon	Tue	Wed	Thu	Fri
7.45am	Aqua 45min (Dave)		Aqua 45min (Sam B)		
8am		Aqua Power 60min (Dave)		Aqua Power 60min (Sam B)	
8.30am	Aqua 45min (Mel)		Aqua Power 60min (Melissa)		Aqua 45min (Pete)
9am		Aqua Gentle 45min (Dave)		Aqua Gentle 45min (Sam)	
9.15am					Aqua 45min (Pete)
9.45am		Aqua Active 45min (Pete)		Aqua Active 45min (Sam)	
6.45pm	Aqua 45min (Mel)				
7pm				Aqua 45min (Sam)	

Costs

- Adult $16
- Concession*/student $10

All Aqua classes include free use of spa.

Aqua vouchers

- 5 Visits - adult $70
- 5 Visits - concession* $45
- 10 Visits - adult $120
- 10 Visits - concession* $85

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.
* Denotes already discounted activity