



## 10 Days of Aqua

	January	Class	Time	Cost	Length
Friday	1 <sup>st</sup>	Aqua Fit	4pm	\$20	45 min
Saturday	2 <sup>nd</sup>	Deep Water	10:15	\$20	45 min
Sunday	3 <sup>rd</sup>	Kick Fit	3pm	\$20	45 min
Monday	4 <sup>th</sup>	Family Fit - *see note below	5pm	\$20/family	45 min
Tuesday	5 <sup>th</sup>	Amphibian Fitness	6am	\$20	45 min
Wednesday	6 <sup>th</sup>	Stretch	3pm	\$15	30 min
Thursday	7 <sup>th</sup>	Shallow Aqua Fit	6am	\$20	45 min
Friday – am	8 <sup>th</sup>	Pole -**this class requires booking and upfront payment	10:15am	\$20	45 min
Friday – pm		Circuit-**this class requires booking and upfront payment	5pm	\$20	45 min
Saturday – am	9 <sup>th</sup>	Pole- **this class requires booking and upfront payment	10:15am	\$20	45 min
Saturday – am		Pole-**this class requires booking and upfront payment	11am	\$20	45 min
Saturday – pm		Box-** this class requires booking and upfront payment	4:30pm	\$20	45 min
Sunday	10 <sup>th</sup>	Box-** this class requires booking and upfront payment	10:15am	\$20	45 min

\*Family up to 4. extra people \$10. Children must be water safe with basic aquatic skills

\*\*Pole, Circuit and Box have only 8 spots available per class

10 visit pass: \$155

Pass can be used for classes after the 10 days of Aqua.

Usual aqua timetable can be found on the website - <https://www.aqualification.com.au>