

Aqua Fitness Classes

There's no doubt about it, when you want to get yourself back into the swing of doing some regular exercise, having a fun class environment around you can really help! The DLSA has four different Aqua-Fitness Classes to choose from:

- Hydro Relief Hydrotherapy** - The health benefits of a Hydrotherapy pool are well documented. Increased blood flow, decreased inflammation, great for arthritis sufferers or anyone who is trying to manage acute joint pain. Combine that with gentle exercise & stretching & you will be feeling awesome! Come on... Take the plunge!
- Deep Water Aqua Aerobics** - NO impact/high energy exercising! No other form of exercise can make the same claim! You have a float belt that holds you comfortably up in the water, then you use the water resistance against your own body to work out. Come on... Take the plunge! (*Not currently available*)
- High Energy Aqua Aerobics** - The DLSA Instructor will challenge you many different ways with many different exercises. This is a fun, low-impact workout in a motivated class environment where you can choose to work at your own level. Come on... Take the plunge!

AQUA Fitness Classes

DLSA Wilsonton	DLSA Centenary Heights	SUSPENDED - CONTACT DLSA			
MON	TUE	WED	THU	FRI	SAT
		5.30am Aqua Aerobics		5.30am Aqua Aerobics	
12.00pm Hydro Relief		12.00pm Hydro Relief			
	6.00pm Aqua Aerobics				

H2O Adult Aqua-Fitness Squad

Love to swim but bored of just doing laps? Give our H2O Adult Swim-Fitness Squad a go! Coach Kylie dreams up new ways to give you a great workout & you'll probably end up having a laugh while you do it! Basic swimming skills are required.



Monday
6.15pm - 7.15pm

Wednesday
6.15pm - 7.15pm

Lap Swimming & Walking

Maybe you like to have your head down listening to the water rushing past your ears while you swim, or maybe you like to walk in a low impact environment against water which adds just a little bit of extra resistance. DLSA is like your own pool in your very own back yard. EXCEPT it's indoors & heated to above 30deg all year round!

DLSA Wilsonton	DLSA Centenary Heights				
MON	TUE	WED	THU	FRI	SAT
8.30am - 12.00pm *UNLIMITED FREE ENTRY	8.30am - 12.00pm *UNLIMITED FREE ENTRY	8.30am - 12.00pm *UNLIMITED FREE ENTRY	8.30am - 12.00pm *UNLIMITED FREE ENTRY	8.30am - 12.00pm *UNLIMITED FREE ENTRY	8.00am - 11.30am
3.30pm - 6.00pm	3.30pm - 6.00pm	3.30pm - 6.00pm	3.30pm - 6.00pm		

*Unlimited FREE Entry - Infant/Toddler Program Practice

We know the more your child can practice their Water Safety skills, the faster they will develop. That's why we offer **FREE Unlimited Entry** to the children in our Infant & Toddler Program. *Pool access is to the DLSA Wilsonton Main Pool only. Only available if you are currently booked into DLSA Infant Program classes from Bub's to Advanced Toddler levels. **STRICTLY one on one child to parent. Parent must be in the water with their child at all times.**