

# Aqua Exercise options over the school hols

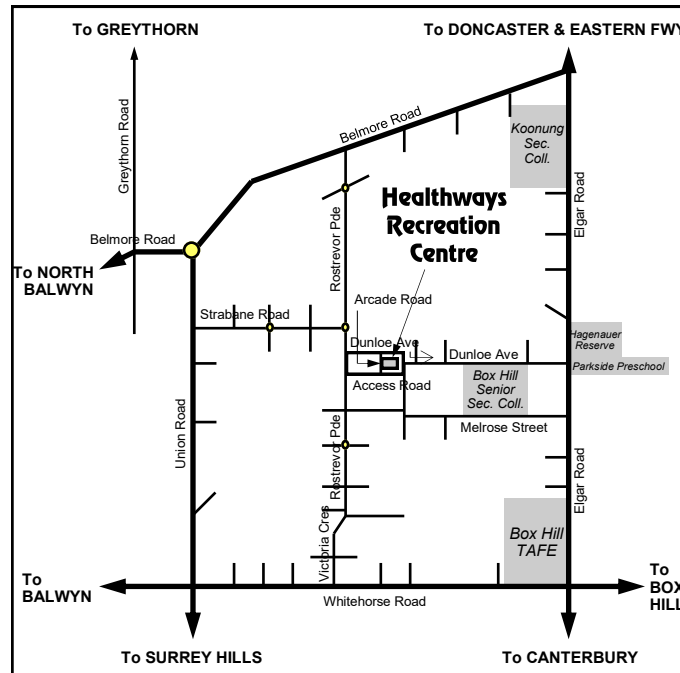
<b>Monday</b> <b>12.35-1.25pm</b> This time slot just for the holidays	Aqua Lite – Getting back into exercise after illness or inactivity can be daunting. This is the ideal next step after rehab. Gentle exercise in our warm pool will help your recovery. You will be amazed at the results. <b>(Price: #2)</b>
<b>Tuesday</b> <b>7.30-8.30pm</b>	Aqua Power – Exercises for those wishing to improve strength, range of movement, or needing 'recovery' and rehabilitation for an injury. Exercise to the beat of your own drum! <b>(Price: #1)</b>
<b>Wednesday</b> <b>12.35-1.25pm</b> This time slot just for the holidays	Aqua Lite– Ease arthritis, muscle and injury pain and gain extra mobility, flexibility and suppleness through water exercise. Summer or winter you'll feel wonderful after this aqua session in our 32° warm pool. <b>(Price: #2)</b>
<b>Thursday</b> <b>7.35-7.25pm</b>	Aqua Power – Developed for people wishing to challenge their resistance capabilities and love the benefits of high intensity cardio exercise. Not for the faint-hearted! <b>(Price: #1)</b>
<b>Saturday</b> <b>5.05-5.55pm</b>	Aqua Power – Designed for people 'on the move' and ready to raise their heart rate. You'll utilise the whole pool and get a whole body workout! <b>(Price: #1)</b>
<b>Sunday</b> <b>4.35-5.25pm</b>	Aqua Power – Designed for people 'on the move' and ready to raise their heart rate. You'll utilise the whole pool and get a whole body workout! <b>(Price: #1)</b>

**Price: #1** = \$26.30 per class OR \$245.00 for 10 visit card OR the classes are included in gym memberships.  
**Price: #2** = \$18.90 per class OR \$179.00 for 10 visit card OR the classes are included in gym memberships.

## Industry Affiliations:



Australian Association of Fitness Centres



### Opening Times...

Mon/Wed/Fri – 6.00am  
 Sat – 9.00am  
 Tues/Thurs/Sun – 9.00am

### Closing Times...

Mon to Thur – 10.00pm  
 Fri/Sat/Sun – 9.00pm

## Healthways Recreation Centre

◆Gym ◆Bowl ◆Swim ◆Recreation

1 - 11 Arcade Road  
 Mont Albert North, 3129  
 Melways 47 A7  
 (ph) 9895 2300

healthways@healthways.com.au  
 www.healthways.com.au



# Pool Availability

April 2021  
 School Holidays



## Healthways Recreation Centre

◆Gym ◆Bowl ◆Swim ◆Recreation

Thur 1/04 - Fri 09/04									Sat 10/04 - Fri 16/04								
	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri		Sat	Sun	Mon	Tue	Wed	Thu	Fri
6.30										6.30							
7.00										7.00							
7.30										7.30							
8.00										8.00							
8.30						2	2	2	2	8.30			2	2	2	2	2
9.00					E M					9.00							
9.30		G			A O					9.30							
10.00		O			S N					10.00							
10.30		O			T D					10.30							
11.00		D			E A					11.00							
11.30					R Y					11.30							
12.00		F	E							12.00							
12.30		R	A		2	2	Aqua	2	2	12.30	2	2	Aqua	2	Aqua	2	2
1.00		I	S	E	2	2	Lite	2	2	1.00	2		Lite	2	Lite	2	2
1.30		D	T	A	2			2		1.30	2						
2.00		A	E	S		1	1	1	1	2.00		2	1	1	1	1	1
2.30		Y	R	T		1	1	1	1	2.30		2	1	1	1	1	1
3.00				E		1	1	1	1	3.00		2	1	1	1	1	1
3.30		C	S	R		1	1	1	1	3.30			1	1	1	1	1
4.00		L	A		3	3	3	3	3	4.00							
4.30		O	T	S	3	3	3	3	3	4.30			Aqua				
5.00		S	Aqua	U	3	3	3	3	3	5.00	Aqua	Aero					
5.30		E	Aero	N	3	3	3	3	3	5.30	Aero						
6.00		D			3	3	3	3	3	6.00							
6.30					3	3	3	3	3	6.30							
7.00					3	3	3	3		7.00							
7.30	Aqua				3	Aqua	3	Aqua		7.30	3	3	3	Aqua	3	Aqua	3
8.00	Aero					Aero		Aero		8.00	3	3	3	Aero	3	Aero	3
8.30										8.30							
9.00										9.00							
9.30										9.30							

Timetable current on 22/03/21

What does it all mean?				
	3	2	1	
= Whole pool available	= 3 lanes available	= 2 lanes available	= 1 lane available	= No lanes available

Daily Bookings subject to change without notice.

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## School Holiday Activities :



### Swim Intensive Classes —

Swimming lessons over the holidays for all pre-school levels and school age levels 1-4. Fast track your child's swimming progress.

Group lessons or Private lessons.

See reception for times of classes



### School Holiday Program—Vacation Care: For Primary School aged children.

This is a government approved Child Care service. We will keep your children happy and active with: Science, Drama, Art & Craft, Swimming, Tenpin Bowling, Music, Sport, Games, Themes & Events, and more! Enrol online at [www.healthways.com.au/boxhill/other-programs/school-holiday-program/](http://www.healthways.com.au/boxhill/other-programs/school-holiday-program/)



Tenpin Bowling is lots of fun for all the family. **HOLIDAY SPECIAL OFFER — 4 people can each play 1 game of bowling**

**\$49.90.**(Valid during Victorian

School Holidays.) Come and see if you can knock down the tenpins! Phone 9895 2300 to book.



FREE birthday club: Are you in our birthday club? Put your name in the birthday club box at reception and receive a special voucher for your birthday.

### Casual Swimming Prices:

Adult	\$7.40
Child/Student	\$6.40
Pre-Schooler	\$3.00
10 visit card	\$64.00
Family swim: 2 Ad. & up to 3 Ch.	\$23.00
Babies up to 12 mths	Free