

Aqua- Fit Comes to Boddington

A new program for Boddington Seniors starts this Wednesday, 6 February 2019 from 2 to 3 PM.

Come along to the Boddington swimming pool and get a one hour aqua aerobics lesson where you will learn fun ways to improve your strength and flexibility.

Maximum class size is 20 people and classes will run for 10 weeks. Your \$5 contribution will include entry to the pool and there is no obligation to continue if you don't enjoy yourself.



More information from
Karen Vlastuin
0407 423 564

The ability to swim is not essential but for those who want to improve their swimming ability, Karen will be running an adult learn to swim class

from 2:20 PM on Fridays. Cost will be \$5.

Brought to you by Boddington Shire and Department of Sport and Recreation through the Boddington Seniors Empower and Energise funding agreement.



Department of
**Local Government, Sport
and Cultural Industries**