



AUGUST 2024

Dear Customers,

Welcome to August 2024!

This month's newsletter includes our Fitness Programs, Learn to Swim Enrolments and Merchandise Winter Sale.

### LEARN TO SWIM ENROLMENTS - TERM 3

Term 3 Learn to Swim enrolments and changes will conclude at the end of Week 5 of the term - Sunday 25th August 2024.

Enrolments can be completed online or at the centre with a staff representative.

**\*Subject to availability\***



### AQUA ZUMBA - TERM 3

Our Aqua Zumba fitness classes provide a fun twist to traditional aqua by bringing rhythm and dance into the pool for the aqua disco of your dreams!

During the class, dance steps provide a water-based workout to tone muscles, whilst water buoyancy supports your body.

Aqua Zumba Sessions Term 3 2024:

- Tuesday Afternoons (**NEW**) 12:30pm - 1:30pm
- Wednesday Afternoon (**NEW**) 12:30pm - 1:30pm
- Thursday Evenings 6:30pm - 7:30pm

**\*Spots are limited - Term 3 ends Thursday 26th September 2024\***



aqua  
**ZUMBA**

## FITNESS PROGRAMS - TERM 3

We would like to announce there will only be 3 fitness programs running in Term 3 2024.

- Aqua Aerobics
- Pilates
- Aqua Zumba

**\*Spots are limited\***

**Please note, a Pre-Exercise Questionnaire will be required prior to making a booking or to participate in the programs. If you indicate 'Yes' on any of the pre-screening questions, you will be required to obtain a medical clearance prior to sign-up.**

Alternatively, call **9078 6169** or email **eac@burwood.nsw.gov.au** and a staff representative can assist with any queries you may have.

## MERCHANDISE WINTER SALE

We are having our very first Winter Sale!

### **Splashems - NOW \$20 (20% off RRP)**

Enhance your swimming experience with fun and colorful Splashems. Great for kids!



### **Zoggs Pull Buoy - NOW \$16.80 (30% off RRP)**

Improve your swimming technique and build strength with Zoggs Pull Buoy. Ideal for swimmers of all levels!



### **Vorgee Ear Bands (25% off RRP)**

Keep your ears dry and protected with our comfortable and adjustable ear bands. Recommended to use with ear plugs or ear putty.

Size Small - **NOW \$8.00**

Size Medium - **NOW \$8.80**

Size Large - **NOW \$9.60**



Be sure to check out our sale items on your next visit . All items are selling fast! **Sale ends Saturday 31st August 2024.**

# Welcome to Your local pool

Where a lifetime of memories are made.

