

## AQUA AEROBIC AND DEEP WATER RUNNING CLASS TIMETABLE 2011 – 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9.30am</b> Shallow Water Workout CitiBeach Volleyball (Jessica)	<b>9.30am</b> Shallow Water Workout Dolphin Heads Resort (Cathy)	<b>9.15am</b> Shallow Water Workout Pat Wright Indoor Swim Centre (Barb)	<b>9.30am</b> Shallow Water Workout CitiBeach Volleyball (Jessica)	<b>9.15am</b> Pat Wright Indoor Swim Centre (Barb)
<b>10.30am</b> Warm Water Gentle Aqua Pat Wright Indoor Swim Centre (Barb)	<b>5.45pm</b> Deep Water Running Memorial Pool (Barb)	<b>THESE CLASSES                      ARE NON SWIMMING</b>	<b>5.45pm</b> Shallow Water Workout Memorial Pool (Jessica)	<b>9.30am</b> Shallow Water Workout Dolphin Heads Resort (Cathy)
<b>5.45pm</b> Shallow Water Workout Pioneer Pool (Jessica)	<b>PLEASE TELEPHONE BEFORE ATTENDING FOR THE FIRST TIME</b>  <b>ALL OUTDOOR AQUA RUN FROM OCTOBER – APRIL</b>			

### LOCATIONS

Pat Wright Swim Centre – Lawson Street, Mackay  
 CitiBeach Volleyball – Illawong Drive, Mackay  
 Memorial Pool – 35 Milton Street, Mackay

Dolphin Heads Resort – Beach Road, Dolphin Heads  
 Pioneer Pool – Malcomson Street, Mackay

**Barb 07 4957 5178**

**Cathy 07 4944 0696**

**Jessica 07 4957 3901**