10 reasons to swim: 1. Your body weight being only 1/10th of what it is on land, makes movement in the water much easier. **2.** 20 minutes straight, keeping up rhythm and speed, helps improve general fitness, stimulates and burns fat. **3.** Low-impact sport that puts little stress on bones and joints.

body's motor coordination. Over two thirds of the body musculature is worked when we swim **9.** Strengthens joints and improves posture by improving the position of the spinal column. This makes it an excellent exercise for people with back problems.

Water Temp 31°

Do you have muscle soreness. .
An injury or just like to keep fit…?

Come down and check out Belfast Aquatics.

We have Gym and Water classes for all age groups and abilities.

Offering casual entry or 3,6 & 12 month membership

Check out our website for gym & water class timetable

www.belfastaquatics.com.au

OR

Keep up to date with all the activities and join us on

Facebook

Port Fairy Community Pool

LOST PROPERTY

Have you left something at the pool???

We have a HUGE collection lost items.

Not sure how to use gym equipment?
Don't let that stop you getting fit.!
Our staff can show how to use equipment properly
OR come & join a gym class.
Casual gym use $7.30 *Gym class* $9.80/C: $7.30

Learn to swim programs: Every school term
For more info contact:
Jason Lambs Splash Factory – 5561 1139

belfastaquatics
community pool

MEMBERSHIPS
POOL AND GYM

ADULT:
3 month : $ 121
6 month : $200
12 month : $ 354

CONCESSION:
3 month: $ 84.70
6 month: $150
12 month: $266.20

Family: (2 x adult + kids)
12 month: $950
Concession: $750

Noticed that the temperature of the water feels a little cold after awhile? That is because the water temperature (31°) is lower than that of the human body (37°). This difference in temperature increases the work of your cardiovascular system and in turn increases your resistance to colds and other similar ailments.

Casual swim
Adult: $4.90
Con: $3.70

Have you been to
BODY FIT for KIDS yet?
Thursday's
40min Class
Only $6-
4pm: 7-10 yr **5pm**: 10+ yr

Looking for somewhere to have a kids party . . .?
How about the pool . ?

Inflatable log runner for hire.

Bookings essential for all parties.
Contact us for more info

NEXT inflatable day: Sep 26th wed 1-4pm

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Did you know . .
We sell Swimwear, goggles,
flippers & more.

New Speedo swimwear arriving
in July & August
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10. Last, but not least: anyone can do it. You don't have to be a great athlete for swimming to be beneficial – and fun!

5. We swim horizontal; this helps move respiratory secretions, and improves breathing. **4.** An hour of swimming burns 500 calories.

6. Beneficial for asthma sufferers, as it encourages lung function and breathing control. **7.** Swimming balances blood pressure and normalises pulse rate. **8.** It works the

Monday-Thursday 6.30am-8pm, Friday 6.30am-6pm, Weekends & Public Holidays 8am-6pm
Belfast Aquatics, Campbell st. Port Fairy - 5568 1986