



Health & Fitness Schedule

DLSA Fitness Programs are suitable for people 18 years and over.

Mon	Tues	Wed	Thurs	Fri	Sat
	Aqua Aerobics 5.45 - 6.45pm Jessica		Aqua Aerobics 5.45 - 6.45pm Jessica		

Aqua Aerobics Aqua Mobile			
	Casual	10 Pass	20 Pass
Adult	\$8.50	\$76.50	\$153.00
Cons.	\$7.00	\$63.00	\$126.00

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www.dlsa.com.au



Darren Lange Swimming Academy

HEALTH & FUN FOR EVERYONE



AQUA AEROBICS

Go hard or take it a bit easier... It's up to you. Our **Aqua Aerobics** Program is designed to suit a wide variety of fitness levels.

Aqua Aerobics is a low impact, aerobic program performed in our INDOOR and HEATED pools.

You don't have to be a swimmer because the pool is only 1.2m deep!

You can enjoy the warmth of one of Toowoomba's warmest 25m pools with a pool temperatures of 30 degrees.

Please phone our Admin Team for Bookings and details!

AQUA MOBILE

Our **Aqua Mobile** Program is a gentle aerobic workout conducted in our therapeutic, hydrotherapy pool.

This program is great for people suffering joint or muscle soreness or recovering from an injury.

SWIM FIT

Go at your own pace. Swim... Walk... Paddle... it's up to you!

Our Swim Fit times gives you access to our heated 25m indoor pool and Hydrotherapy pool.

A great way to keep fit in a fully enclosed, year round facility.

GENERAL INFO

* Casual, 10 and 20 passes available. (Casual not avail. with Swim Fit)

* Make sure you bring a water bottle!

* No bookings are required... Just turn up ready to have FUN!

* All classes run 50-60 minutes.

* All instructors are fully qualified.

* Parents with children within the DLSA Swimming Program will receive a 10% discount (discount available on adult rate only).

* Don't forget to bring a towel.

PLEASE TURN OVER FOR
SCHEDULE DETAILS

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