

Water Aerobics



When:

- 10:00 am – 11:00 am
- Mondays, Wednesdays and Fridays - all year round
- Sometimes cancelled due to poor or cold weather

Where:

- Heron Cay Community Pool

Open to:

- All ages and abilities
- Experience or swimming ability is not required
- We exercise in the shallow end of the pool

Contact: Helen Ferguson

Come out and join us. We have a great time together!