

When are the Classes Run?

- Classes are run every Monday and Wednesday morning throughout the year
- Starting at 7.30 to 8.30 a.m.

Held at:

The Broken Hill Aquatic Centre / YMCA

Cost?

Classes are free of charge
Only cost involved is entry to the pool

Who is Eligible?

Adults; Confident in water with ability to tread water

What to Bring:

Bathers; Towel and water bottle

Please note dates may be subject to change due to public holidays, maintenance works at the pool or weather conditions.

If you are interested in finding out more about Aqua Classes or any other volunteering opportunities call:

Far West LHD Volunteer Manager

Mary Leehane

08 8080 1256

Mary.Leehane@health.nsw.gov.au

Or for information on any Physical Activity Program call:

Health Promotion Officer

Rebecca Crawford

08 8080 1217

<http://fwlhd.health.nsw.gov.au/index.php>



AQUA FITNESS



Aqua Winter Class

Aqua Fitness Classes are run twice weekly at the Broken Hill Regional Aquatic Centre/YMCA by Far West LHD volunteers.

The classes provide a valuable resource giving the community access to a range of programs. These programs enable participants to increase physical activity, improve self-confidence and enhance health and wellbeing.

Snapshot of Broken Hill Health Service

The Broken Hill Hospital consists of a 108 bed acute care hospital with general medicine, general surgical, obstetric, paediatric, emergency, mental health and drug and alcohol services. This includes two ten bed sub-acute units on site.

The town has a community based Diabetes Centre, a Child and Family Health Service, an Aboriginal Health Service and a number of general practices, including a Super Clinic.

Broken Hill is also home to the headquarters of the South Eastern Section of the Royal Flying Doctor Service.

Broken Hill Base Hospital
Telephone: (08) 8080 1333

*“Volunteers are unpaid,
not because they are worthless,
but because they are priceless”*

Author Unknown

Benefits of Aqua Classes

- ◆ Low impact
- ◆ Increase in physical activity
- ◆ Can help with and improve: Balance, Strength, Flexibility, Coordination, Mood, Energy Levels
- ◆ Supportive group setting
- ◆ Improved self-confidence
- ◆ Improved fitness.

The Aqua Fitness program aims to increase the level of physical activity in a comfortable, friendly and supportive group setting.

The classes are also a great way to meet people and the participants often stay for coffee after class.

If you would like to join a class call into the Aqua Centre and speak to one of the Aqua Volunteers: Ann, Eleanor or Shirley and they will give you further details and give you a Registration Form to complete.

What Participants say about Aqua Classes

- ◆ “great fun”
- ◆ “I am steadier on my feet”
- ◆ “I can get around easier”
- ◆ “less pain in my knees”
- ◆ “meeting other people helps with stress levels”
- ◆ “love the music”
- ◆ “the moves are as hard as you wish to make them”
- ◆ “best thing in Broken Hill”.

Even on cold Broken Hill winter mornings committed participants and volunteers still attend classes.

