

# *INTRO TO* **AQUAJOGGING**

Weekly sessions at Splash Palace  
for people to learn to aquajog  
for enjoyment, fitness and  
health.

**\*\*\*Beginners Only\*\*\***

**Low cost: \$2 per session**

**Starts 19th/20th September 2011**

**You can begin anytime and attend 10 sessions**

**Adults: Tuesdays 9am - 9.40am**

**Senior Adults (60yrs+): Mondays 9am - 9.40am**



## **REGISTRATION ESSENTIAL**

Please register with Sport Southland on  
0800 ACTIVE or email [grx@sportsouthland.co.nz](mailto:grx@sportsouthland.co.nz)



Provided with the assistance of Invercargill City Active Communities scheme