



**\*\*\*COMMUNITY ANNOUNCEMENT\*\*\***  
FOR IMMEDIATE RELEASE

Monday 9 November 2009

**MINDA'S ANNOUNCES NEW SWIMMING PROGRAM**

With the warm weather well and truly with us, now is the perfect time to make a splash with Minda's community swimming sessions.

The fully equipped Aquatic Centre located at King George Avenue, Brighton, holds Community Rehabilitation Sessions and Aquarobics throughout the week. The pool has easy access by a wide ramp and is heated to 32° C.

Rehabilitation sessions start from just \$3, these classes are excellent value and are flexible, allowing you to work at your own pace.

Aquarobics classes are available weekday mornings and are also great value starting from \$7. These sessions are suitable for 40+ age group from beginners and up. Extra Aquarobics sessions have just been added but spaces are limited!

If you're looking to improve mobility, increase muscle tone and fitness, meet new people or just feel better, then join us in a fun, friendly atmosphere.

S.A Swim swimming lessons are also available.

To find out more, contact the Aquatic Centre on 8422 6278.

**Media Contact**

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