

Marion Wave Makers

Whether you are looking to improve your fitness levels, recover from injury or just have fun, exercise in the pool is a great way to stay in shape.

PROVEN BENEFITS

- low-impact regime with very little strain on joints
- works the entire body
- stimulating your circulation
- promotes proper breathing
- helps to combat the ageing process

ABOUT THE PROGRAM

It is an activity with physical and mental health benefits, and can be continued for a lifetime. It is also an inclusive activity and a great way of making new friends.

An exercise physiologist who tailors movements and water activities for your specific needs oversees these weekly sessions.

REGISTER FOR THE PROGRAM

If you would like to register your interest for the program please contact Community Care.

CALL 8375 6808

EMAIL community.care@marion.sa.gov.au

VISIT marion.sa.gov.au

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