

## Water Exercises

Water Exercises are exercises in water usually under the supervision of a trained exercise instructor. It promotes aerobic fitness and maintains and upgrades body strength, flexibility, conditioning and a sense of well being.

### Kingston

Venue/Organisation	Contact
<b>Chelsea Heights</b>	
Toby Haenen Swim Centre 10 Ashley Park Dr	9776 1133
<b>Highett</b>	
Waves Leisure Centre 111 Chesterville Rd	9559 7111
Fitness First 241-242 Bay Rd	9532 2898
<b>Mentone</b>	
Bayside Aquatics at Mentone Corner Lucerne & Como Parade	9581 3288
<b>Mordialloc</b>	
Don Tatnell Leisure Centre Corner Warren Rd & Brisbane Tce	9587 1016
Central Bayside Community Health Services Octopussies Don Tatnell Leisure Centre Corner Warren Rd & Brisbane Tce	9583 6970

### Bayside

Venue/Organisation	Contact
<b>Brighton</b>	
Brighton Swim School 447 Bay St	9596 2826
Train Station Health Club 24 The Esplanade	9592 8022



## Aquatic Physiotherapy

Aquatic Physiotherapy is therapeutic exercise under the supervision of a physiotherapist in a specially designed pool heated to 34/35 degrees for rehabilitation of musculoskeletal, cardiopulmonary, neurological, and psychological function of the individual.

### Kingston

Venue/Organisation	Contact
<b>Parkdale</b>	
Central Bayside Community Health Services 335 Nepean Hwy	8587 0200

### Bentleigh

Venue/Organisation	Contact
<b>Bentleigh</b>	
Bentleigh Bayside Community Health Service Gardeners Rd	9575 5333