



TOWN OF VINCENT

Energywise (programme for over 50s)

WHAT IS IT?

A wise exercise programme choice for energetic mature adults that utilises 'cross training' techniques in water and on land. It incorporates the latest fitness trends in a safe, supervised and social environment.

WHY TRY IT?

- Reduce the risk of serious health complications
- Delay the ageing process and feel more energetic
- Brighten your mood and lower your stress levels
- Recuperate and build your strength and endurance
- Uplift your quality of life!

WHEN IS IT?

- Every Tuesday and Thursday at 1pm to 2.15pm
- Starts the first Tuesday of each school term (next full term starts Tuesday 29 April)



COST?

- \$5.00 per session for the 10 week programme or \$7.50 if you pay as you go.
- Includes periodic fitness evaluations, health education, complimentary swim, refreshment and laughter after each session.

Healthy Options at the Café

Beatty Park Café prides itself on being able to cater for a wide range of clientele.

For those wanting the healthy option we have fresh fruit salads, low fat yoghurts, fresh to order sandwiches/rolls and low fat muffins. Sports/diet and protein drinks, bottled water or 100% juices are also available.

Indulgent snacks are on offer for those looking to reward themselves after a workout or a fun day at the pool with the kids. Hot dogs (approved by the Education Department and school canteens!), Peter's and Cadbury's quality range of ice creams and chocolates are available, tasty hot chips or wedges cooked in cottonseed oil (cholesterol free) are a favourite as well as the Schweppes cool drink range.



New Website to Promote the Retail Shop

Click on the Retail Shop button at www.beattypark.com.au to be

taken to our new and exciting retail website. Thanks to some hard work from several dedicated staff members we now have our complete product range on display on-line. Links to manufacturers' websites are also available. Check out our huge range and email us if you would like more information.

Visit our swimwear shop – in February the new range of chlorine resistant bathers arrived and in March all new aerobic gear in a fantastic selection of fashion colours and styles hits the racks.



Pool Inflatable a Huge Hit with the Kids

The giant pool inflatable has proven a huge success over the summer with a constant line of kids waiting their turn. \$1on top of the normal entry price (\$3 for children) buys the kids over 2 hours of fun on this challenging obstacle which is set up in the diving pool at Beatty Park Leisure Centre. It operates every day during the school holidays from 1pm to 3.30pm and the same time on Sundays during the school term.

