



An Australian Government Initiative

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Page content updated 19/10/2019

Gold Coast Active and Healthy Water Exercise Group

There is support available to you to become more physically active.

Water exercise is a low intensity activity which supports mental wellbeing, promotes relaxation, stress reduction and pain relief.

Active and Healthy Gold Coast's water exercise sessions will be run by Mental Health First Aid Certified fitness providers in a positive, welcoming and safe environment. Palm Beach Pool is heated and has disability access available.

This \$3 session provides the opportunity for you to build your confidence to engage in physical activity and social connectedness.

Time/Location

Wed 12pm – 12.45pm

Running two blocks. You can start at any time during the blocks:

- 8th March – 29th March (four weeks)
- 19th April – 31st May (eight weeks)

Palm Beach Olympic Pool
1 Thrower Drive
Palm Beach

8th March – 29th March (4 weeks), 19th April – 31st May (8 weeks), Palm Beach Olympic Pool, 1 Thrower Drive, Palm Beach

Members Eligibility

Choice of either four or eight-week blocks

Primary Contact

Amanda Egginton
0467 751 224

Group Postal Address

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Website

Target Groups

General Public



Our Programs

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Our Events

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Listing created: 14/03/2017

Listing last updated: 14/03/2017

Mental Health

Services Provided

Sports Medicine

Family Health

Mental Health Friendly

Children's Health

Men's Health

Social Services

Tagged [Water Gold Coast](#), [Exercise Gold Coast](#), [Swim Gold Coast](#)

Categorised under [Child and Youth Health](#), [Friendship](#), [General Interest](#), [Health and Wellbeing - General](#), [Mental Health](#), [Seniors & Ageing](#)

Contact Us

Send a message to **Gold Coast Active and Healthy Water Exercise Group**.

Your name:

Subject:

Email*:

Phone*:

Message:

Enter security code:

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Send

Gold Coast Primary Health Network would like to acknowledge the traditional custodians of the Gold Coast and surrounding areas, the Yugambeh, Yuggera and Bundjalung peoples.

Gold Coast Primary Health Network gratefully acknowledges the financial and other support from the Australian Government Department of Health

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