

# AQUAJAS

## Summer Holidays

FROM TUESDAY 9<sup>TH</sup> JULY TO  
SATURDAY 31<sup>ST</sup> AUGUST 2024



Aquagym      Pool story time  
Swimming lessons  
Aquajogging



### HOURS OPEN TO THE PUBLIC :

MONDAY - CLOSED  
TUESDAY - FROM 2 TO 6 PM  
WEDNESDAY - FROM 2 TO 8 PM  
THURSDAY - FROM 2 TO 6 PM  
FRIDAY - FROM 2 TO 8 PM  
SATURDAY - FROM 9.30 AM TO 12.30 PM  
AND THEN FROM 2 TO 6 PM  
SUNDAY - CLOSED

**CLOSED THURSDAY 15<sup>TH</sup> AUGUST - PUBLIC HOLIDAY**

Piscine intercommunale Creuse Grand Sud  
Allée Jean-Marie Couturier, 23200 - AUBUSSON  
contact.piscine@creuse-grand-sud.fr  
05 55 67 71 01

## Main Prices\*

	ComCom Residents	Non ComCom Residents
POOL ADMISSION	Adults over 18 yrs	4.15€
	Children from 3 to 17 yrs	2.50€
	10 entries - Adults **	38.15€
	25 entries - Adults**	86.85€
	10 entries - Children 3-17 yrs**	23.50€
	25 entries - Children 3-17 yrs**	57.45€
	Children under 3 yrs	free
ACTIVITIES	Activity per session	7.85€
	Aquabike - 5 consecutive sessions	39.20€
	Activity per trimester	49.35€
	Swimming lesson (30 minutes)	Pool entry + 16.85€
	Swimming school per trimester	133.05€
	Lost bracelets	5.60€

\*Subject to change without notice  
 \*\*Entries bought are valid for 2 years

**- THE «SPA» AREA IS CURRENTLY CLOSED -**

## SWIMMING LESSONS, AQUAGYM, AQUAJOGGING, POOL STORY TIME: ASK FOR THE 2024 SUMMER ACTIVITIES PROGRAMME

(16yrs old and up)  
**Tuesdays at 6 pm**  
 - 45 minute lessons -

Aquagym is done to music in a gentle environment.

### Benefits:

- > Strengthen abdominal muscles
- > Improve muscles and overall body strength
- > No trauma to the joints
- > Water provides a micro-massage to stimulate circulation
- > Relieve lower back pain, with the water supporting your body weight
- > Relax and reduce stress, thanks to the water's soothing action

**AQUASUD**  
 CREUSE GRAND SUD

Children, Teenagers  
 All levels

**Mornings Tuesday to Friday at 10.15 am, 11 am, 11.45 am**

- > Beginners and advanced classes (swimming instructors)
- > Reserved swimming lane

**« Pistoche à histoires » - Pool Story Time**  
 For all (4yrs and up)

**Every Wednesday 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> July and 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> August at 4.30 pm**

- > Free entertainment on the pool terrace, reserved for the users present in the swimming pool (In case of bad weather, story time will take place in the spa and sauna area)
- > The entertainment is provided by the inter-communal library

being in an aquatic environment  
 > It takes place in the sports pool  
 > A flotation belt is provided

**AQUAJOGGING**  
 (16yrs old and up)

**AQUASUD**  
 Summer Holidays  
 FROM TUESDAY 9<sup>th</sup> JULY TO FRIDAY 31<sup>st</sup> AUGUST 2024

Pool story time  
 Swimming lessons

**ACTIVITIES**

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Thanks to Lorraine MARSHALL for the main translation job and to Adrienne for the refining  
 #OurAgentsAreTalented #OurAgentsHaveTalent

AQUASUD

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