

Prices :

AQUAGYM, AQUAJOGGING

€ Per session: 7.85€ Comcom residents /
10.10€ Non Comcom residents

- 🕒 Session duration: 45 minutes.
- 📍 No reservation required for Aquagym or Aquajogging, just come to the pool counter at the announced session time.

SWIMMING LESSONS

€ Per session: 16.85€ - Comcom residents /
Non Comcom residents + pool entry fee.

- 🕒 Session duration: 30 minutes.
- 📍 Reservations at the pool or by phone during opening hours.

«PISTOCHE À HISTOIRES» Pool story time

€ Free (included in the pool entry fee)

- 🕒 Session duration: 60 minutes.
- 📍 No reservation required.

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

AQUASUD

Summer Holidays

FROM TUESDAY 9TH JULY TO
SATURDAY 31ST AUGUST 2024

Aquagym Pool story time
Swimming lessons
Aquajogging

ACTIVITIES

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

CREUSE GRAND SUD
Communauté de Communes

ACTIVITIES

AQUAGYM

(16 yrs 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

SWIMMING LESSONS

(5 yrs old and up)

Children, Teenagers & Adults
All levels

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

- > Beginners and advanced classes
- > Teaching provided by our MNS (swimming instructors)
- > Reserved swimming lane

AQUAJOGGING

(16 yrs old and up)

Thursdays at 6 pm

- 45 minute lessons -

- > Weightless aquajogging with benefits for the whole body
- > This activity requires being at ease in the aquatic environment
- > It takes place in the sports pool
- > A flotation belt is provided

« Pistoche à histoires » - Pool Story Time

For all (4 yrs and up)

Every Wednesday 10th, 17th, 24th, 31st July
and 7th, 14th, 21st 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



AQUASUD
CREUSE GRAND SUD