



SFL Aqua program promotes strength training as a suitable and highly beneficial exercise for over 50s.

COTA SA facilitates programs that are accessible for all older people.

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Island Motel, 4 Telegraph Road Tel: 0428 898 363

NOARLUNGA LEISURE CENTRE - SFL AQUA

32 David Whitton Drive Tel: 8384 1144

STATE SWIM - GOLDEN GROVE

151 The Golden Way Tel: 8289 5466

YMCA FLEURIEU AQUATIC CENTRE

50 Ocean Road, Hayborough Tel: 7078 4150

YUKI HEALTH AND HAPPINESS

177 Pimpala Road, Woodcroft Tel: 0424 724 914

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COTA SA

16 Hutt Street,
Adelaide SA 5000
GPO Box 1583
Adelaide SA 5001

P: (08) 8232 0422

F: (08) 8232 0433

Country Callers 1800 182 324

 cotasa@cotasa.org.au

 www.cotasa.org.au

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