



Adult Swim Programs

Adult Private and Group Sessions

Once a week sessions:

Adult (one one one) classes are available for the non swimmer \$250.00 – 10 weeks.

Adult Laps are a once a week daytime session for stroke correction and fitness \$8.00/session.

Adult Beginner sessions are for the beginner lap swimmer \$11.00 – 5 lesson blocks.

Stroke Correction is for advanced swimmers \$11.00 – 5 lesson blocks

Aussie Masters

Aussie Masters conduct a squad for all those interested in building up endurance for competition or fun.

Aussie Masters meet three times a week, on Tuesday, Thursday and Saturday. Please contact Club Representative Jan McGowan on 9337 7678 for details. There is a \$4.50 (GST inclusive) entry fee plus an annual fee to be paid to Aussie Masters.

Fitness Squad

The FITNESS Squad is a privately coached program designed for swimmers capable of approx 60secs per 50m (or faster) who are looking to improve their technique, stamina and overall fitness in a group environment.

Sessions run Monday, Wednesday and Friday from 5:45am – 7.30am. Fees are \$65.00 (GST inclusive) per calendar month plus pool entry. Please contact Simon

