



ADULT FITNESS SQUADS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5.30am Swim Fit Squad		5.30am Swim Fit Squad		6.30am Swim Fit Squad
	6.30am Swim Fit Squad		6.30am Swim Fit Squad		
8.30am Swim Fit Squad	8.30am Swim Fit Squad	8.30am Swim Fit Squad	8.30am Swim Fit Squad	8.30am Swim Fit Squad	
9.30am Swim Fit Squad	9.30am Swim Fit Squad	9.30am Swim Fit Squad	9.30am Swim Fit Squad	9.30am Swim Fit Squad	11.00am Swim Fit Squad
6.30pm Swim Fit Squad	6.30pm Swim Fit Squad	6.30pm Swim Fit Squad	6.30pm Swim Fit Squad		

FREE CRÉCHE

Monday-Friday

8:15-11:15am

PERPETUAL*	COST	CASUAL PASS	COST
1st Class	\$21.50	1 Entry	\$25.00
2nd Class	\$10.75	5 Entries	\$120.00
3rd Class	\$10.75	10 Entries	\$230.00
4th Class	\$10.75	20 Entries	\$440.00

*Perpetual bookings are debited monthly (50% discount for every additional class per week)

- Four graded lanes
- 1 hour session includes stroke correction in our 25m indoor pool
- Caps, goggles, pull buoys, fins & bag required; equipment can be purchased from Reception
- All new Adult Fitness Squad swimmers are to be assessed prior to commencement. Please book assessments at reception.

Adults & Teenagers
(formally assessed)

Adults