



ADULT SWIMMING SQUADS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						
TRI SQUAD	5.45am-7.00am		5.45am-7.00am		5.45am-7.00am	7.45am-9.00am
	7.00am-8.15am		7.00am-8.15am		7.00am-8.15am	
FITNESS SQUAD	9.00am-10.00am		9.00am-10.00am		9.00am-10.00am	
PM						
TRI SQUAD	6:30pm-7:45pm		6:30pm-7:45pm			
ADULT BEGINNER		5:40pm – 6:10pm		5:40pm – 6:10pm		12:15pm - 12:45pm
ADULT INTERMEDIATE		6:15pm – 7:00pm		6:15pm – 7:00pm		12:45pm – 1:30pm
ADULT ADVANCED (TECHNIQUE)		7:00pm – 8:00pm		7:00pm – 8:00pm		

TRI AND FITNESS SQUADS

\$12.50 per session

\$120.00 10 x Concession card

\$80.00 monthly includes unlimited swimming and sessions

ADULT BEGINNER, INTERMEDIATE, AND ADVANCED

\$20 per session (*Applies to advanced sessions only*)

1 lesson per week = \$175.00/Term (coincides with school term)

1 lesson per week + unlimited swimming = \$60.00 monthly

2 lessons per week + unlimited swimming = \$80.00 monthly

**Please note: 3 month minimum term applies for all monthly options. Adult Beginner, Intermediate and Advanced sessions run only during the school term.*

For further information please contact us.

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