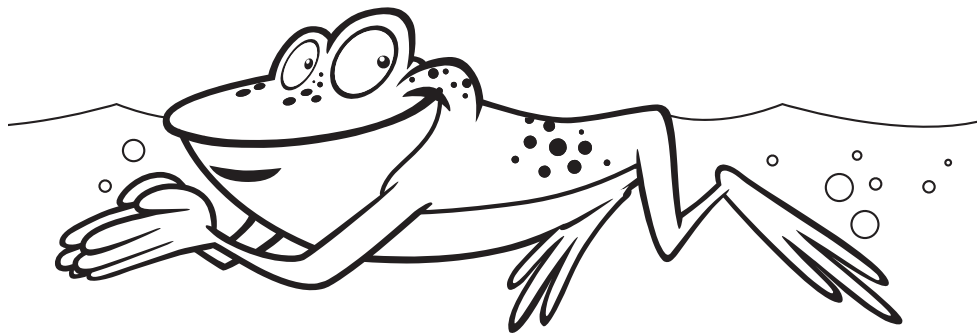


# Swim for Fitness

Swim for Fitness suitable for teens and adults.



## FITNESS CLASSES

Our fitness classes cater for all levels from teens to adults who can swim 200m Freestyle (with good breathing technique) and 50m Backstroke. Participants must be willing to try other strokes.

### Times:

Monday	7.30pm to 8.30pm
Tuesday	7.30pm to 8.30pm
Wednesday	6.00am to 7.00am
	7.30pm to 8.30pm
Saturday	9.15am to 10.15am

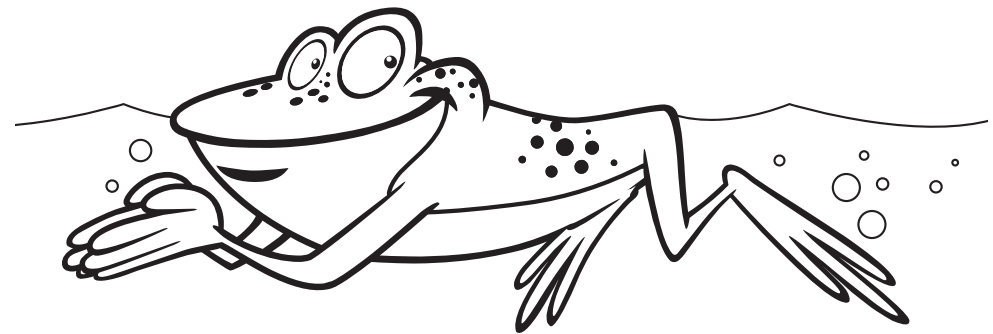
### Monthly Fee:

1 lesson per week	\$57
2 lessons per week	\$77
3 lessons or more per week	\$90

We also have adult learn to swim classes. For details please enquire at Reception.

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