



Swimming Classes for Adults of all Ages and Abilities

Develop your swimming and survival skills with our intensive learn to swim program.

Our program is available to adults of all ages and swimming abilities; from non-swimmers to those who need correction and technique development. Our classes are suitable for leisure as well as fitness.

All our coaches are qualified and experienced instructors whose focus is on the progression of the individual swimmer. Through observation, instruction and feedback, we aim to make your in-water experience more enjoyable and proficient. Our program is designed to increase mobility and improve your health.

- Classes run for 30 minutes
- Great for a quick midday workout or relaxing swim
- Our water is 32 degrees all year round
- Free supervised child care

**FIRST
SESSION
FREE**



CALL NOW
PH: 9560 4433