

Adult programs

TERM 3
13 July - 20 Sept

LTS Adult Learn to Swim – 45 min

\$195 (10 week term)

Designed for swimmers who have little or no swimming experience. The aim is to develop water confidence and teach basic swimming skills such as floating, breathing regulation and kicking.

FIT Adult Fitness Squad – 1.0 hr

\$150 (10 week term)

These sessions cater for swimmers who wish to improve their fitness, skills and stroke technique while working towards long term fitness or competitive goals.

SS Senior Squad – 1.5 hr

\$150 (10 week term)

This squad focuses on elite level swimmers and those preparing for events. Suitable for swimmers wanting that extra level of fitness, or those competing in Aussies, Masters or Nationals.

Lap swimming

\$8 (per visit)

Casual bookings Monday - Friday, 11:30am - 1:30pm.

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|---------|--------------|---------|-----------|----------|---------|----------|
| 6:00am | SS | | | | | | SS |
| 6:30am | | | | | | | FIT |
| 7:00am | LTS FIT | SS | | SS | SS | | |
| 9:30am | | | FIT | | | LTS FIT | |
| 10:30am | | FIT | | FIT | | | |
| 11:30am | | Lap swimming | | | | | |
| 1:00pm | | | LTS | | FIT | FIT | |
| 1:30pm | | | FIT | | | | |
| 5:45pm | | | SS | | SS | SS | |
| 6:00pm | | SS | | | | | |
| 6:15pm | | | | LTS | | | |
| 6:30pm | | LTS FIT | LTS FIT | FIT SS | LTS FIT | FIT | |

Bookings essential for all classes. Change of days and make-up classes only available upon request. Swimmers are assigned to a lane based on fitness and ability, swimming with others of a similar skill level where possible. Discount for 3+ sessions per week.

Brooke Withers Swim School



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For more information call **9999 3446** or email enrolments@BrookeWithersSwimSchool.com.au

www.BrookeWithersSwimSchool.com.au