

Swimmerz Academy Classes



Aqua Classes

- Duration 60 minutes
- Class is for all ages and fitness levels; the class structure enables participants to work at their own ability.
- Low impact aerobic workout.
- Cost per class:
 - Adult \$17.00
 - Concession \$13.00
 - Adult Aqua 10 Multipass \$165.00
 - Concession Aqua 10 Multipass \$125.00

Gentle Exercise Classes

- Duration 60 minutes
- This low impact class incorporates upper and lower limb strength activities as well as aerobic conditioning.
- Perfect for those with arthritis or wishing to improve their strength and conditioning without putting too much pressure on the joints.
- Cost per class:
 - Adult \$20.00
 - Concession \$16.00
 - Adult Aqua 10 Multipass \$190.00
 - Concession Aqua 10 Multipass \$150.00

Adult Fitness / Stroke Correction

- Duration 45 minutes
- This squad offers coaching for adults and teenagers of a variety of different swimming abilities, from beginners to advanced.
- Specific sets are designed on the needs of the individual, from those who simply just wish to increase their fitness, stroke correction as well as swimmers who are training for competitive events.

Swimmerz Academy Classes



Aqua Aerobics Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
1:00 -2:00PM Aqua		1:00 -2:00PM Aqua		
	6:00 – 7:00PM Aqua			

Gentle Exercise/Hydrotherapy Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
	1:00-2:00PM Gentle Exercise			1:00-2:00PM Gentle Exercise

Adult Fitness/Stroke Correction

Monday	Tuesday	Wednesday	Thursday	Friday
	5:30-6:15PM		5:30-6:15PM	