

# Kids Swim 4 Fitness!

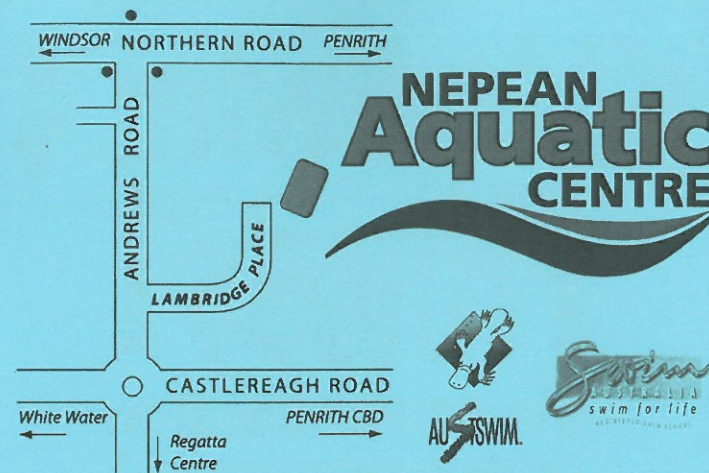
**\$11.00 Per Session**

Paid Monthly in advance as per LTS

Timetable is as follows:

MON	TUES	WED	THUR	FRI	SAT
3.30 - 4.45pm	4.00 - 5.15 pm		4.00 - 5.15 pm		2.00 - 3.15 pm
4.45 - 6pm					3.15 - 4.30 pm

\*All sessions include 15 minute stretching and in the pool for one hour



This squad is for children aged 8 - 16 years who:

- Has graduated from our Learn to Swim program or an equivalent swimming program
- Can competently swim all 4 strokes and/or has a love for swimming, but does not wish to swim competitively
- Wishes to participate in school swimming
- Wishes to participate in our NAC Swim Club activities
- Would like to maintain water fitness
- Can use this session as additional fitness training for other sports



**PH: 4731 2166**

[www.nepeanswimandfitness.com.au](http://www.nepeanswimandfitness.com.au)