

Women's Aquatic Program

Note:

- *Swimming is an add-on and cannot be purchased separately.*
- *A compulsory swimming test must be completed before subscription to any aquatic course.*
- *Testing is evaluated individually. The decision of the instructor will remain final.*

Aqua Fitness

The Aqua Fitness series of class offers focuses on improving individual overall physical condition. Classes on offer include:

- **Whole Body** - Each session in the water targets specific muscle groups, such as the abdominal region, thighs or upper body.
- **Aqua Running** – These classes develop aerobic fitness and endurance, whilst benefiting from the non-weight bearing water effect on the joints.
- **Aqua WetBall** – Improves individual aquatic fitness and overall cardio vascular conditioning , using a ball as the main tool.

Free Swim

The swimming pool area is open for the Aquatic Program members to swim laps at their own pace.

SWIM FIT I

Note: Subscription to these classes is for an eight week block

Designed to improve swimming competency and style. A strong emphasis on developing water confidence and providing an understanding of water safety.

SWIM FIT II

(Subscription to these classes is for a specified period.)

This class follows on from SWIM FIT I. These sessions serve as a bridge from the beginner level to the more advanced SWIM FIT III offer. The sessions will improve strokes and increase their cardiovascular fitness level.

SWIM FIT III

(Subscription to these classes is for a specified period).

This class is specially designed for members who incorporate swimming in their overall fitness regime. These sessions are adjusted to individual participants' levels, targeting successive fitness improvement.

Girls' Aquatic Program

Note:

- *Swimming is an add-on and cannot be purchased separately.*
- *A compulsory swimming test must be completed before subscription to any aquatic course.*
- *Testing is evaluated individually. The decision of the instructor will remain final.*

Teen Aqua (12-17 Years)

These classes form a part of the Teen Girls Fitness program.

An ideal way to introduce your teen to the world of fitness and health in the aquatic environment, the class will increase heart rate and work specific muscle groups in a fun and challenging setting.

Water Active (9 to 17 Years)

This fun offer provides young girls with a sound knowledge of aqua based activities such as Snorkeling, WetBall, Water dance and water safety drills. The course is jam packed with challenging and stimulating games and activities.

Note: Subscription to these classes is for an 8 week block