

Adults, Lap Swimming & Aquarobics

ADULT PROGRAMME

STATE SWIM offers a comprehensive adult programme, which caters for adults of all standards and abilities. The programme offers **Commencement Classes**, which are designed for swimmers who have had little or no experience in swimming. The aim of this class is to develop water confidence and the basic skills of freestyle and backstroke.

For those swimmers who have already mastered basic freestyle and backstroke then our **Stroke Development Class** is for you. This part of our adult programme will develop your stroke technique whilst increasing your strength and stamina and improve fitness. The **Stroke Development Class** will also introduce the swimmer to breaststroke and butterfly as well as other more advanced swimming techniques.

If you are looking to enhance your fitness level whilst maintaining your stroke technique then become involved in our **Swim for Fitness** programme. This part of our programme will continue to develop your skills but will also give you an aerobic workout. Your coach will set a challenging and rewarding programme for you to ensure that you increase your fitness level in the pool.

Please find session times and fees below.

ADULTS

Tuesday	6.00pm - 7.00pm
Wednesday	7.00pm - 8.00pm

Fees

Commencement Class	\$66.80 per month (\$63.40 snr)
Stroke Development Class	\$66.80 per month (\$63.40 snr)
Swim for Fitness	\$57.70 per month (\$55.00 snr)

LAP SWIMMING

<u>Fee</u>	\$7.00
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AQUAROBICS

Monday and Thursday	7.15pm-8.00pm
<u>Fee</u>	\$11.00