

VIRILE AGITUR



KNOX
GRAMMAR
SCHOOL



**KNOX AQUATIC CENTRE
ADULT SQUAD**



ADULT SQUAD PROGRAM

Our Adult Squad caters for Masters swimmers, triathletes and those who want to swim to stay fit and healthy.

- Receive expert coaching to improve your fitness, speed and swimming technique
- Train with a group of likeminded swimmers

The sessions are fitness based and participants swim sets of multiple laps. While all speeds are catered for, participants should be able to swim freestyle capably. All four strokes are offered, although none are compulsory.

WHEN:

- Monday to Thursday 6.30pm – 7.30pm
- Tuesday and Thursday 5.30am – 6.30am
- Saturday 3.30pm – 4.30pm

COST AND BOOKINGS:

We offer a free trial session!

A 10 visit pass costs \$100 or purchase a monthly debit pass for \$90 (unlimited sessions).

For further information and to book, please contact customer service:

Phone: 9487 0126

Email: learntoswim@knox.nsw.edu.au

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