



### Swim Fit - Effective from 19th April 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4.15am	Swim Fit		Swim Fit		Swim Fit		
5.30am		Swim Fit		Swim Fit			
9.15am	Swim Fit	Swim Fit	Swim Fit	Swim Fit	Swim Fit		
9.30am						Swim Fit	Swim Fit
6.00pm	Swim Fit		Swim Fit *				

Swim Fit is a great way to keep fit and socialise in a friendly and fun environment. It caters to people who want to improve their swimming technique and fitness.

The programmes are designed to develop swimming and water skills along with strength and endurance both in and outside the water. Technical advice and encouragement is provided by coaches to reach personal goals and achieve fitness results. Each session involves approximately 3km in the hour.

Swim Fit & Aqua Classes	Adult	Concession
Casual	\$16.00	\$12.00
10 Visit Pass	\$140.00	\$110.00
20 Visit Pass	\$240.00	\$180.00
1 Month	\$120.00	N/A
6 Month	\$450.00	N/A
6 Month Family	\$800.00	N/A

Follow our social media platforms to keep up to date with news, images, specials & important information.



Yeronga Pool Aqua Classes  
Yeronga Park Swimming Complex  
Dunlop Park Memorial Swimming Pool



Yerongapool  
Dunnyparkpool

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