



The Pool is the New Gym!

Unique, effective and challenging ways to exercise

aquaspin™

An effective and fun way to exercise in water, without excessive strain on bones, joints and muscles



8 week blocks commencing 16 October

Monday 10:15am to 11:00am 8:15pm to 9:00pm

Wednesday 8:15pm to 9:00pm

Thursday 10:15am to 11:00am

Friday 5:45pm to 6:30pm 6:45pm to 7:30pm

Saturday 2:15pm to 3:00pm

\$144
for 8 weeks



State Swim

Safety, Fun and Fitness

Seaford Swimming School 3-5 Cascade Drive Seaford 5169



Telephone 8386 3338 www.stateswim.net.au

