



The Pool is the New Gym!

Unique, effective and challenging ways to exercise

AquaFitness



11 week block commencing Monday 29 January 2018
(finishes week ending Sunday 15th April)

AQUASPIN	\$203.50	Monday	10.15am	8.15pm
		Tuesday	8.15pm	
		Wednesday	8.15pm	
		Thursday	10.15am	
		Friday	5.45pm	

AQUASTRENGTH	\$154.00	Tuesday	7:15pm	
		Wednesday	6.15am	

AQUA GYMSTICK	\$154.00	Friday	6.45pm	
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State Swim

Safety, Fun and Fitness

Seaford Swimming School 3-5 Cascade Drive Seaford 5169



Telephone 8386 3338 www.stateswim.net.au

