



Swim Fit - Effective from 20th September 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4.15am	Yeronga		Yeronga		Yeronga		
5.00am	Dunlop	Dunlop	Dunlop	Dunlop	Dunlop		
5.30am		Yeronga		Yeronga			
8.00am	Dunlop	Dunlop	Dunlop	Dunlop	Dunlop		
9.15am	Yeronga	Yeronga	Yeronga	Yeronga	Yeronga		
9.30am						Yeronga	Yeronga
6.00pm	Yeronga	Yeronga		Yeronga			

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.

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

admin@yerongaswimming.com.au | 55 School Rd, Yeronga 4104 | 07 3848 8575

admin@dunloppark.com.au | 794 Oxley Rd, Corinda 4075 | 07 3379 1630

yerongaswimming.com.au