



SHELLY'S 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.

| 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