

LINDFIELD PUBLIC SCHOOL SWIMMING

ADULT SQUAD

Welcoming parents, teachers and ex-students, the adult squad is focused on fitness and stroke correction. Sessions are designed for competent swimmers who would like to further develop their technique in all strokes to improve their efficiency in the water. In 1 hour up to 2.5km will be swum depending on fitness level and ability.

5.45-6.45am Tuesday Thursday
6.00 -7.00pm Tuesday Wednesday Thursday

Term 4 2011 Monday 17th October until Thursday 15th December
Term 1 2012 Monday 6th February until Thursday 29th March

Adult Season Pass \$200 (Term Pass \$150)
Ex-student 2 times/week Season Pass \$200 (Term Pass \$150)
Ex-student 3+ times/week Season Pass \$400 (Term Pass \$225)

Please enroll and pay via our online service.
You will receive confirmation and receipt by email
www.lpspanc.org.au
select 'Activities' and then 'Swimming'

For help please contact the Swimming Administrator
Jo Carmody
Jo.Lilley@gmail.com