

# DEEP WATER RUNNING



## PROGRAMME FEATURES

- ✓ Core-focused conditioning training
- ✓ Suited to all fitness and age levels
- ✓ Safety-focused
- ✓ All equipment provided

## TIMETABLE

**MONDAY:** 7.15am, 8.30am and 9.30am\*

**WEDNESDAY:** 7.15am and 9.30am

**THURSDAY:** 6.15pm \*Summer Only\*

**FRIDAY:** 8.30am and 9.30am\*

## FEES

- Casual Class - \$14.00
- 10 Session Pass - \$120.00
- Concession:
  - Single Class - \$12.00
  - 10 Session Pass - \$100.00
- Active and Healthy:
  - Single class - \$5.00
  - 10 Session Pass - \$50.00



**SOMERSET**  
*Swimming Academy*

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