

Adult Programme

Beginner Swim Lessons

60 minute Lesson

Tues, Wed & Thurs
Monday to Thursday

Fees

Bookings Essential AM creche available

10.00am–11.00am
8.00pm–9.00pm

One Lesson / week \$67.00 / month

Intermediate & Advanced Swim Sessions

60 minute Session

Tuesday & Thursday
Wednesday
Thursday
Tuesday & Thursday

Fees

Bookings Essential AM creche available

9.00am–10.00am Intermediate & Advanced
9.00am–10.00am Intermediate
10.00am–11.00am Intermediate
8.00pm–9.00pm Intermediate

\$67.00 / month Unlimited Sessions (conditions apply)

Swim for Fitness

Monday, Wednesday

Fees

No Booking Required

8.00pm–9.00pm

\$9.50 / session or 10 session pass \$77.00

Aquarobics

AquaFit

Tuesday & Thursday
Wednesday

AquaMotion

Tuesday & Thursday

AquaMovers

Monday
Wednesday
Friday

Fees

No Booking Required

8.00pm **45 Minutes Class**

9.00am **45 Minutes Class** (Creche Available)

8.00am **45 Minutes Class**

11.30am **45 Minutes Class**

10.00am **45 Minutes Class** (Creche Available)

11.30am **45 Minutes Class**

\$8.80 / session \$75.50 10 Session Pass
Child (U15) \$6.00 (AquaFit ONLY)

NOTE: All Session Passes have a 12 months expiry from date of purchase.

Pregnancy & Post Natal **Bookings Essential (refer pamphlet)** creche available
Thursdays 11.00am

The school is closed on all public holidays

Norwood Swim School

A Member of the State Swim Group

Telephone 8332 1136

Email: customerservice@norwood.stateswim.net

Timetable subject to change



www.stateswim.net.au

Public Lap Swimming

Fees

Casual visit	\$6.70
Children: (5–15 years)	\$4.70
Under 5 years	\$2.90
Seniors	\$5.70
30 Session Card	\$160.50
15 Session Card	\$90.50
All prices G.S.T. included	

Session Times

Monday to Friday no children under 15	6.30am–8.45am
Monday, Thursday, Friday Tuesday & Wednesday (Subject to change during school terms)	12.15pm–2.30pm 11.30am–2.30pm
See Reception for details	
No lap swimming on weekends or public holidays	

NOTE: All Session Passes have a 12 months expiry from date of purchase.

Family Discounts

The following monthly programmes are grouped together to obtain the “Family Monthly Discount”: Children’s & Adult learn to swim and Squads. All current fees must be paid together, by the 7th of the month, to get the Family Monthly Discount. Outstanding fees do not receive the discount.

No. Swimmers	1	2	3	4	5	+
Discount	0%	0%	30%	60%	70%	70%

Note, first & second person do not receive a discount, the third receives 30%, fourth 60% and so on.

Adult Learn to Swim – Beginners

- The monthly fee covers one lesson per week per month. Monthly fees are due within the first seven days of that month. If enrolling part way through a month you will pay a pro rata fee.
- Should you miss a lesson in that month you are entitled to a ‘make up’ lesson.
- Missed lessons can only be made up as an extra lesson whilst you are a financial member. Missed lessons are Non Refundable and cannot be used as credit against monthly fees due.
- Make up lessons are valid for 3 months from the date of the lesson missed.

Adult Swim Sessions – Intermediate & Advanced

- For the one monthly membership fee you are able to swim as many times as you like provided you book one permanent class per week.
- Advanced adults may also swim their extra sessions in the Swim For Fit sessions. To take advantage of any extra sessions you must book and pay your membership for the current month.
- Bookings for extra sessions will only be taken 48 hours in advance and are dependent on spaces available.
- Adults (18 years & over) only in Intermediate classes. Advanced classes, children must be 15 years old and accompanied by an adult.

Swim For Fit (Children must be 15 years old and accompanied by an adult)
If you are able to swim 1000–3000 metres or more in an hour this programme will suit you. There will be a coach pool side that will have programmes and will assist with basic stroke correction.

Aquarobics

AquaFit (Children must be 15 years old and accompanied by an adult)

Exercise in water to music, designed to be High Energy, Fast and Fun. With a combination of cardio fitness and body sculpt.

AquaMotion

Exercise in water to music, designed to be a Medium Energy class for those aiming to stay fit or get fit. This class keeps you moving with good balance of cardio and resistance training.

AquaMovers

Exercise in water to music designed for most levels of fitness. Even though the class is presented at a slower level it is up to you how hard and fast you work.