

Fit2Swim Squad

TERM 1: MONDAY 31st JANUARY TO SUNDAY 10th APRIL 2022

Heidelberg Primary School – 116 Cape St Heidelberg

Fit 2 Swim is a non-competitive aquatic fitness program designed for swimmers aged 8 to 15 years who have completed our Transition Stroke group program. The overall aim is to improve fitness, aid well-being and develop stroke technique in a social environment. It can assist those students involved in alternate sport like football, or other aquatic sports to enhance their swimming ability/fitness.

This squad provides an alternative for young people to further develop their swimming skills and fitness with an emphasis on participation, social interaction and fun without the demands of competitive swimming.

Squad Members can attend any or all of the sessions shown - times are subject to change.

DAY	Heidelberg Pool
Monday	6:30pm – 7:30pm
Tuesday	
Wednesday	6:45pm – 7:45pm
Thursday	
Friday	6:30pm – 7:30pm
Saturday	7:30am – 8:30am