



**Looking for kid friendly
activities in the
school holidays?**

**Central Aquatic Swimming and Lifesaving
Club are running squad programmes from
the 6th of January.**

**Work on your technique, learn how to race for school
carnivals or do some cross training for other sports.**

Swimming is great for respiratory fitness!

Our coaches can help you achieve your goals!

First session includes free stroke assessment

Casual sessions available.

For more information, please contact Meredith on
0435 947 084 or memberservices.CAQswim@gmail.com

centralaquatic.com.au