



**Looking for swimming
carnival training?**

**Central Aquatic Swimming and Lifesaving
Club run squad programmes for casual and
competitive swimmers**

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

Swimming is great for fitness!

Our coaches can help you achieve your goals!

First session includes free stroke assessment

No requirement to join the club.

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

centralaquatic.com.au