



# Swimming365

## Swimming & Water Aerobics Program 1 - 2017 Starting 22<sup>nd</sup> January 2017

Sessions will be on Sunday mornings 7:30-8:30am & Monday and Wednesday evenings 6:30-7:30pm at the Scotch College Pool in 76 Shenton Road Swanbourne.

The Scotch College Pool has change room facilities, 24 hour security & safety equipment on pool deck. Importantly the pool can be accessed via two sets of pool steps, one on each side of the pool.

Participant health pre-assessment will be conducted by HealthWatch Clinics located in Cottesloe.

The program will run 10 weeks through to the 29<sup>th</sup> of March 2017. There will be 30 sessions in total at \$12.5 per session for a total of \$375. Valetudo Health will conduct fitness assessments at a cost of \$173. The total cost is \$548 for the program, note that these costs may be claimable via Medicare and your health insurer. Those starting the program after the 22<sup>nd</sup> of January will be able to have a discount on the sessions that they have missed.

### Steps to join Swimming365 2017 Program 1

1. Register online at Swimming365 & complete form or call 0407 559 818 or email [tom@swimming365.com.au](mailto:tom@swimming365.com.au)
2. Complete a pre-assessment at HealthWatch Clinics.
3. Payment made to Swimming365
4. Attend the program at Scotch College starting the 22<sup>nd</sup> of January 2017

**Tom Picton-Warlow on 0407 559 818 or [tom@swimming365.com.au](mailto:tom@swimming365.com.au)**

