



UWA
PERTH · AUSTRALIA

SPORT

ADULT LESSONS

The UWA Aquatic Centre provides specialised adult lessons and private swimming lessons for adult swimmers.

Adult lessons consist of small group classes (maximum of five participants) that cater to swimmers who would like to develop water confidence, the three core strokes (freestyle, backstroke and breaststroke) and establish the correct breathing and stroke technique.

Private lessons are tailored to suit your individual ability and learning objectives.

Please contact us on 6488 2277 or email us at aquatics@sport.uwa.edu.au to book your swimming lesson.

ADULT SQUADS

SWIM FIT

This all-purpose squad is perfect for first-time squad swimmers or those just wanting to improve their fitness. The 1-hour sessions will work on improving your technique and endurance in the strokes of your choice and aim to swim 1 – 2.5 km in a session.

Please contact us on 6488 2277 or email us at aquatics@sport.uwa.edu.au to begin your free trial.

ENDURO FIT

Enduro Fit is for swimmers who want to challenge themselves. This 1.5-hour session is ideal for swimmers wanting to swim more than 3km or are training for open water, triathlon or masters swimming.



LESSONS TIMETABLE

TIME	MON	TUES	WED	THU
10AM-10.30AM		ADVANCED LESSON		ADVANCED LESSON
10.30AM-11AM		INTERMEDIATE LESSON		INTERMEDIATE LESSON
11AM-11.30AM		BEGINNER LESSON		BEGINNER LESSON
11.30AM-12PM		PRIVATE LESSON		PRIVATE LESSON
6.15-6.45PM	INTERMEDIATE LESSON	BEGINNER LESSON	INTERMEDIATE LESSON	BEGINNER LESSON
		PRIVATE LESSON		PRIVATE LESSON
6.45-7.15PM	PRIVATE LESSON	ADVANCED LESSON	PRIVATE LESSON	ADVANCED LESSON
		PRIVATE LESSON		PRIVATE LESSON

SQUADS TIMETABLE

TIME	MON	TUES	WED	THU	FRI	SAT
5.30AM-7AM	ENDURO FIT		ENDURO FIT		ENDURO FIT	
6.30AM-8.30AM						ENDURO FIT
7AM-8AM	UWA STUDENT SQUAD		UWA STUDENT SQUAD		UWA STUDENT SQUAD	STINGRAYS
9AM-10AM		SWIM FIT		SWIM FIT		
6PM-7PM		SWIM FIT		SWIM FIT		

Timetable subject to change. View the latest timetable at sport.uwa.edu.au