

# SWIMMING *For Adults*

## ADULT SQUAD

@CHRISTAIN COLLEGE MIDDLE SCHOOL

MONDAY  
@7:15PM

WEDNESDAY  
@7:30PM

SUNDAY  
@12:30PM

JOIN NOW!

REGISTER THROUGH SWIM  
CENTRAL OR EMAIL  
[INFO@GEELONGSC.ORG.AU](mailto:INFO@GEELONGSC.ORG.AU)



# BENEFITS

- GREAT CHANCE TO INCREASE FITNESS IN A SUPERVISED ENVIRONMENT
- DEVELOP YOUR FREESTYLE TECHNIQUE WITH THE HELP OF THE STAFF.
- DEVELOP A GREATER COMMUNITY CONNECTION

## *NOTE:*

- ADULTS MUST BE ABLE TO SWIM COMPETENTLY BY THEMSELVES (50 METERS FREESTYLE MINIMUM)
- 18 YEARS OR OLDER
- BE A GSC MEMBER (NON-DRYLAND MEMBER).

