

MINGARA AQUATICS *Squad*



ADULT SQUAD INFORMATION

SESSION TIMES:

Monday and Wednesday 9:30am - 10:45am

Tuesday and Thursday 7pm - 8:15pm

COST:

\$11.50 per session

\$9.00 per session (concession)

\$5.00 per session for Mingara One Fitness members

Mingara Aquatics Squad Training provides sessions aimed to improve strength, technique and endurance through the use of drills and sets designed to improve aerobic conditioning, flexibility, strength and speed.

ADULT SQUAD OFFERS

- Stroke Improvement
- Stroke Techniques Corrections
- Stroke Endurance
- Advanced Squad Fitness Training

Sessions are tailored to suit each individual.

ALL SQUAD COACHES ARE ASTCA QUALIFIED AND REGISTERED

Information correct as at 07 January 2019

Visit us at your club, Mingara

12-14 Mingara Drive, PO Box 8003, Tumby Umbi NSW 2261

Ph: 4349 7821 E: aquaticsenquiries@mingara.com.au

www.mingara.com.au



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MINGARA

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