

Swimming



Programme	Day	Date*	Time	Fees**
Adult	Monday	6 th May 2019	7.30pm – 8.30pm	\$185.00 (10 sessions)
	Tuesday	7 th May 2019	7.30pm – 8.30pm	
	Wednesday	8 th May 2019	7.30pm – 8.30pm	
	Thursday	13 th June 2019	7.30pm – 8.30pm	
	Saturday	4 th May 2019	6.00pm – 7.00pm	
Children	Saturday	4 th May 2019	10.30am – 11.30am	\$186.00 (10 sessions)
		4 th May 2019	3.00pm – 4.00pm	
		27 th Apr 2019	4.00pm – 5.00pm	
		4 th May 2019	5.00pm – 6.00pm	
Pre-School	Saturday	4 th May 2019	10.30am to 11.15am	\$230.00 (4 sessions)
		4 th May 2019	3.00pm to 3.45pm	
		27 th Apr 2019	4.00pm to 4.45pm	
		4 th May 2019	5.00pm to 5.45pm	
Private Coaching (1 pax / 2 pax)	-	-	-	*\$260.00/ \$210.00 (4 sessions)

- Payment to be made 7 days before course commencement date.
- Fees are inclusive of 7% GST and existing members enjoy a rebate.
- Membership must be valid to cover the entire course duration.
- Stated course fees exclusive of 1 year Associate Membership fee of \$21.40 (21 years & above) and \$10.70 (below 21 years old).
- Course commencement is subject to the minimum number of participants.
- No classes on Public Holidays.

Instructor

A swimming instructor with YMCA for 26 years, Phillip Wong has helped many in the community to overcome their fear of water and learn to swim successfully. His passion and commitment to imparting good swimming foundation and skills to both adults and children has earned him many clients because he gives them individual attention and corrects their swim strokes patiently. With his vast experience, Phillip is able to coach adults with chronic conditions such as arthritis and asthma, enabling them to overcome perceived limitations and gain the benefits of the low impact exercise which improves their health.

