



St Cyprian's FITNESS Term 3, 2025

Friday 1 August – Friday 26 September

Mondays 05h30, 06h30 and 07h30

Mondays 08h30 onwards (options for private sessions)

Tuesdays 06h30

Tuesdays 16h30 and 17h30

Wednesdays 07h30

Thursdays 06h30 and 07h30

Thursdays 08h30 onwards (options for private sessions)

Thursdays 16h30 and 17h30

Fridays 05h30 and 06h30

Participation, Enjoyment & Longevity in Swimming

www.fundamentalswimming.com

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