



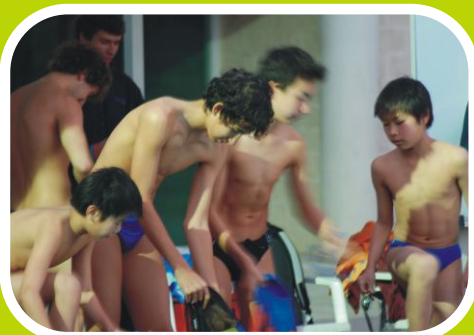
fitness friends fun

Shine at your next school carnival

Competitive & recreational squads for kids & teens (9 and over)
at the Lane Cove Aquatic Leisure Centre
FREE assessment!

Adult Squads

Mornings (Mon, Wed & Fri) and nights (Mon, Wed & Thurs)
SwimFit sessions mid mornings (Tues & Thurs)
FREE first session!



Contact Head Coach

John Thompson 0400 600 505
john@thompsonswimming.com.au


thompson
swimming

www.thompsonswimming.com.au