



John Sugden Swim School

Ladies Swim Squad

The ladies swim squad runs every Thursday morning during school terms from 9.30am – 10.30am.

We are always looking for new and motivated ladies to join the Swimming Group.

Technique is always a major focus.

Technique is married with fitness but adjusted for everyone's individual level of fitness and standard.

If you can swim one lap (25m) non-stop but need a 30 sec rest to go again then you are still ready to join the group and are very welcome!

If you are interested please contact John at John Sugden Swim School.

Phone: 9890 5451

Email: enquiry@jsss.com.au

Website: www.jsss.com.au