



Sydney Uni
SWIMMING



USYD UNIFIT SWIM SQUAD

**OUR UNIFIT SQUAD PROGRAM IS YOUR KEY
TO WEEKLY WELLNESS AND RECREATION**

It is a relaxed group of swimmers looking to swim for fitness and social engagement. Each session is part of an integrated weekly program that's designed to improve your technique, efficiency and fitness.

Morning, midday, and afternoon sessions are available to suit your schedule. Sessions are 90mins in duration. Freestyle is the core focus of most of our workouts. You can opt to use fins or swim without. We sell all equipment at our retail shop on site at the Sports and Aquatic Centre.

\$60 per month (paid by direct debit) during Semester times.

Please note: UniFit is a squad program and is recommended for individuals who are confident swimming more than 500m.

**ENQUIRIES: CONTACT SWIMSCHOOL@SPORT.USYD.EDU.AU
FOR FURTHER INFORMATION ON HOW TO REGISTER**

Proudly supported by

SSAF
STUDENT SERVICES AMENITIES FEE
YOUR FEES AT PLAY