



Swimming365

Program 1 - 2017 Announcement

Swimming365 Program 1 starts on January 15th 2017 at the Scotch College Pool, Swanbourne.

The team at Valetudohealth (www.valetudohealth.com.au), led by Clinical Exercise Physiologist Shane Johnson, will be providing revamped Swimming365 water aerobics / swimming sessions. The sessions promise to be innovative and fun. They will also be providing the Pre and Post Fitness Assessments for Swimming365 participants.

Sally Scaffidi will continue to provide the swimming coaching.

With the exclusive use of the Scotch College 6 lane 50m pool, we will for the first time be able to have the Swimming365 participants train together at the same time. This is how the program was originally envisaged.

Sessions will be on Sunday mornings 7.30-8.30am and Monday and Wednesday evenings from 6.30-7.30pm. There's already a lot of interest, so we look forward to hearing from you soon.

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