

# LIFESTYLE PROGRAM

## TERM 3

	Classes	Day	Time	Start date	Cost
Adults	Adult Intermediate Swim	Tuesday	6.30pm - 7.30pm	27 July	\$80 (8 weeks)
	Adult Beginner Swim	Wednesday	7pm - 8pm	28 July	\$80 (8 weeks)
Teens	Teen Boot Camp (age 12 - 16)	Wednesday	4.30pm - 5.30pm	28 July	\$80 (8 weeks) \$10 casual
	Teen Fit (age 12 - 16)	Thursday	4.15pm - 5pm	29 July	\$80 (10 weeks) \$10 casual
Kids	Happy Feet Fitness (age 20 months - 5 years)	Friday	9.15am - 9:45am	30 July	\$80 (10 weeks) \$10 casual (including creché visit maximum 2 ½hrs)

### Class descriptions

Adult Intermediate Swim	For those who aren't beginners but aren't quite ready to progress to a squad. Improve your timing, technique and confidence.
Adult Beginner Swim	Beginner swim is designed for those with little or no swimming experience. It will help you to increase your confidence in the water whilst teaching you basic stroke technique.
Teen Boot Camp	Whether you want to improve your sports performance or gain a healthier lifestyle, this class can increase your flexibility, balance and endurance.
Teen Fit	Mix it up with a variety of Lords most popular Group Fitness classes. Sessions will be a mixture of both high and low impact classes.
Happy Feet Fitness	This fun and entertaining program is designed to encourage children to learn about fitness and healthy choices. Classes commence with a gentle warm up, followed by music, movement and colourful costumes and props. The focus is on building the child's creativity, social skills, self esteem, confidence, and most of all having fun!



# PARTICIPANT DETAILS

Name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

## Contact Details

Name: \_\_\_\_\_

Street: \_\_\_\_\_

Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_

Contact numbers: (W) \_\_\_\_\_ (H) \_\_\_\_\_

(M) \_\_\_\_\_

Email address: \_\_\_\_\_

How did you hear about the program? (please tick)  Post newspaper  Friend

In-centre promotions  School  Website  Other \_\_\_\_\_

# PROGRAM ENROLMENT

Please circle the program you want to enrol for.

Monday	Tuesday	Wednesday	Thursday	Friday
	Adult Intermediate Swim	Adult Beginner Swim	Teen Fit	Happy Feet Fitness
		Teen Boot Camp		

Signature (parent/guardian): \_\_\_\_\_ Date: \_\_\_\_\_

For office use only

Total cost \_\_\_\_\_ Date payment received \_\_\_\_\_