SWIMFIT
TERM TIME 2016 AT THE CGGS SWIMMING POOL

Mondays and Thursdays 7.15am to 7.45am
• Session starts at 7.15am and is finished by 8am
• Open to all Year 7-12 students
• Students must be able to swim 50m
• SwimFit is a swimming fitness program which focuses on participation, physical
  fitness and wellbeing using a variety of swimming and stroke activities
• Students should bring a water bottle, cap, goggles and a towel
• No charge for this activity, simply sign in with pool staff upon arrival

Breakfast Club - Mondays and Thursdays 7.45am to 8.15 am
• BreakfastClub will be available each day after SwimFit
• Cereal, milk, toast, juice and water will be available for students
• Students should bring their own bowl, plate, cup and cutlery
• Local presenters will also be popping in to speak to students about breakfast
  nutrition and hydration