

Blue trainers

- Blue trainers are those who have some experience and most importantly knowledge to safely explain and demonstrate the use of fitness equipment both on land and in water.
- Sessions are 30 minutes

Number of private sessions	Pool Member Rate	Non-Pool Member Rate
1	\$36	\$40
3	\$102	\$112
5	\$168	\$185
Number of group sessions	Pool Member Rate	Non-Pool Member Rate
1	\$30 per person	\$33 per person
3	\$96 per person	\$105 per person
5	\$162 per person	\$177 per person

* Group sessions must be booked with 2nd, and/or 3rd person at the time of reservation

Gold trainers

- Gold trainers are those with a depth and breadth of knowledge and experience who can safely guide through either land or water based training. If you have any kind of an adaptation it may be recommended you start your work with one of these trainers and work your way towards a stronger body.
- Sessions are 30 minutes

Number of private sessions	Pool Member Rate	Non-Pool Member Rate
1	\$72	\$79
3	\$210	\$231
5	\$348	\$383
Number of group sessions	Pool Member Rate	Non-Pool Member Rate
1	\$66 per person	\$73 per person
3	\$204 per person	\$225 per person
5	\$342 per person	\$376 per person

* Group sessions must be booked with 2nd, and/or 3rd person at the time of reservation