



# ADULT CLASSES

DATES AND TIMES 2025

*MOANA POOL*

# COURSE DATES 2025

## TERM 4

### BLOCK 1

Monday 6 October – Monday 3 November  
(4 week block. No lesson Labour Day 27 October)

Wednesday 8 October – Wednesday 5 November

### BLOCK 2

Monday 10 November – Monday 8 December  
Wednesday 12 November – Wednesday 10 December

## CLASS TIMES

### JUST SWIM FOR CONFIDENCE

Monday 6.30pm

Wednesday 6pm

### JUST SWIM TO MOVE

Monday 7.05pm

Wednesday 6.35pm

### JUST SWIM FURTHER

Monday 7.05pm

Wednesday 7.10pm

### JUST SWIM FOR FITNESS AND TRAINING

Wednesday 7.10pm

The five week course gives swimmers one lesson a week on the day booked and free access to Dunedin pools to practice for the duration of the course.

**VISIT:** [www.justswim.nz](http://www.justswim.nz) for further information and enrolment.

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