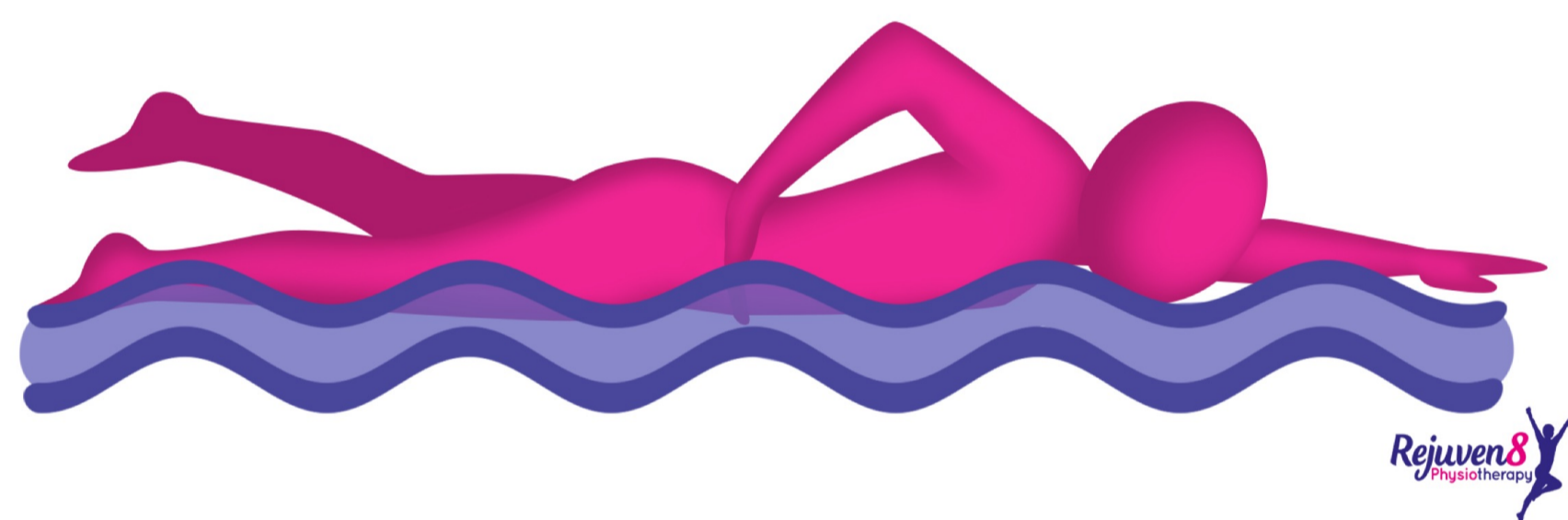


Rejuven8 Physiotherapy



**Swim Strong
Terrific Turns**

Physio Led Sessions



Why Rejuven8?

Our new Swim Strong 2 hour intensive Terrific Turns class is designed to provide the progressive tools to continue to improve the shaping of fundamental swim specific body tension positions, strengthen streamline & optimise turns all with the aim of enhancing performance in the water, using a variety of exercises.

Classes are run in a comfortable & relaxed environment in a purpose built facility. They are suitable for achiever & development level swimmers who undertook fantastic fundamentals & wish to improve their skills further.

Make this swim season a strong one!

There's ample free parking & all equipment is provided.

**Now booking for
Oct 2019**

Date: Saturday 19th Oct

Time: 8:30am-10:30am

Price: £30

**Suitable for:
Achiever & Development
Swimmers**

**Class size: minimum 6
maximum 10**

All participants awarded
a **certificate** of
attendance

For further information or
booking contact:
rejuven8physio@gmail.com