

Join us [here](#) for SWIM FIT ABU DHABI 2016



**What we have to offer you!**

**Special offer: *annual renewals and first time joiners receive a complimentary mangrove kayak your at Eastern mangrove (1.5hr tour)***

**Cost: Dhs680 for 8 sessions or Dhs750 monthly pass unlimited sessions**

**Duration: 60 minutes of quality swim fit**

**What to bring: swimsuit, swim cap, goggles, water bottle with water for hydration, sun screen, towel, slippers, extra clothes for after the pool session and ATTITUDE to swim (be happy, we're here to swim you to fitness!)**

**Swim Fit sessions:**

Location: Westin Resort and Spa, Khalifa City A, Abu Dhabi

## MORNING SESSIONS

Monday/Saturday 6am-7am

## EVENING SESSIONS

Sundays/Tuesdays 5:30-6:30pm

Wednesdays 6pm-7pm

### About Swim Fit (children and adults)

- • Join us for unlimited scheduled Swim Fit monthly sessions!!!
- • Convenient monthly pass **(join our Dhs750 monthly pass for unlimited session during that month)**
- • Stroke correction
- • Coaching by former swimming national swimemrs from Canada, Sri Lanka
- • Learn competitive swimming strokes
- • Monthly open water swim to get you ready
- • Swimming techniques for open water vs pool swimming
- • Help you reach your perosnal goals - goal setting
- • Pre- warn up drills
- • Time sessions to get you ready for your next triathlon or swimming goals
- • Increase your distance and enduranceand cardo training
- • Prepares you for Aquathlons, triathlons, open water races and promotes general fitness
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**Contact us:**

Email us at [swim@divemahara.com](mailto:swim@divemahara.com) or contact Fabian (coach) 055 250 6733 or 050 1118125