



Aqua fitness is a fun and low impact way to get fit!

We have a private indoor heated pool at 104 Queen Victoria road, Claremont.

There will be a maximum of 6 people per class- adults of all ages welcome.

Classes are 45 mins long and are taught by a certified aqua aerobics instructor

Classes are held on weekday mornings.

**Pricing:**

R310.00 per person per month for 1 class per week

R600.00 per person per month for 2 classes per week

**Payment:**

Payment will be due on or before the 1<sup>st</sup> of each month

Payment will be due before your first class if you join mid-month

All payments must be made into our bank account- no cash is accepted at the pool.

**Enrolment and procedures:**

Once you have made a booking via email you will be sent an enrolment and indemnity form.

Once returned , you will be sent a confirmation email with all relevant information.

Payment will be required upfront to finalise your booking and monthly thereafter.

You may cancel at any time during your first month of classes.

Once your first month has passed, one month notice of cancellation is required in writing via email.

If you miss a class, payment is forfeited. If the instructor has availability in another class, you may attend to make up the missed class however, this is not guaranteed.

Please email us at [info@headstartswim.co.za](mailto:info@headstartswim.co.za) for more information or to make a booking.

Alternatively you can complete the contact form online and we will contact you.