



Non-contractual photo

**3-MONTH
TERM
PROGRAM**

**ONE LESSON
PER WEEK**

**START
ANY TIME**

**TO BOOK
YOUR SPOT**

**CALL MINIMUM
ONE DAY
IN ADVANCE**

RESERVATION IS COMPULSORY!

AS FROM

4 YEARS OLD
AND ABOVE

Your swim class includes:



Qualified
teacher



Changing
room



Heated Pool



Free Parking



Easy access



Free WiFi

BOOK IN NOW!

Join our swimming lessons and fitness training at the Cote d'Or Pool. Learn-how-to-swim lessons for ages 4 years to adult. Plus, Adult Fitness sessions for those that can already swim, for ages 15+ to adult. Register for lessons as a member or non-member to swim with our qualified teachers and lifeguards. Our fun and safe lessons range from 45min - 90min depending on the age and level.

Reasons to join our swim lessons:

1. Swimming is a vital survival skill
2. State-of-the-art Aquatic Centre with 2 x Olympic pools.
3. Weekly classes of 45 to 90 minutes.
4. Safe environment with lifeguards on duty at all times.
5. Aside from helping maintain a healthy weight, heart, and lungs, swimming also develops your cardiovascular system by building muscle strength, and endurance.
6. Swimming reduces mental and emotional stress by lifting your mood!

Motorway M3, Côte d'Or, St Pierre
www.cotedorsports.mu | +230 460 0418 | admin@cotedorsports.mu

   #CoteDorMauritius



Children Swimming Lessons (4 to 14 years old)

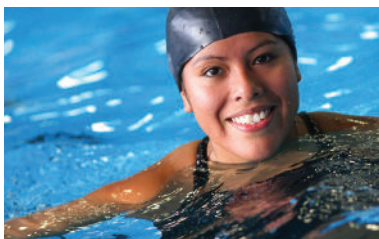
Swimming is a life skill every child should have. Led by an AUSTSWIM qualified Teacher with a focus on progression and water safety. Our program values water safety, ensures a great swimming experience and puts an emphasis on fun. We believe swimming should be fun, but it also must be taught professionally, with consistency, clear direction, and quality through every level of the child's experience. *Not suitable for ages below 4 years.*

Adult Swimming Lessons (15 years old to adult)

Designed for beginners to intermediate, this group is for everyone who wants to learn the basic skills of swimming; floating, breathing, propulsion, water safety, and basic strokes. Our teachers are committed to working on your goals and will guide you safely towards confident swimming using the latest skills, equipment, and fun.

Adult Masters/ Triathlon Group (18 years old to adult)

The Masters Group provides fitness training sessions for various levels of competent swimmers. Train for a triathlon, Masters swimming or just general fitness. Participants should be able to comfortably swim 400m or more. Sessions will include a warm-up, skill development and fitness training.



3-MONTH TERM PROGRAM

SWIM LESSONS	NON-MEMBERS	ACTUAL MEMBERS
Conditions	Access to the pool only for swim lessons	Extra fee on top of membership for lessons
Once-off joining fee	1,000	NA
Children Lessons*	1,800 (3 months)	1,200 (3 months)
Adult Lessons**	1,800 (3 months)	1,020 (3 months)
Masters/ Triathlon Group***	1,800 (3 months)	900 (3 months)

HOT TIP



Best value to join as a member



Pay for lessons



Unlimited access anytime to practice your swimming

SWIM LESSONS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Masters/ Triathlon Group 06:00 - 07:30	Children Lessons 16:30 - 17:15	Adult Lessons 07:15 - 08:00	Intermediate Adult Lessons 17:30-18:15	Masters/ Triathlon Group 06:00 - 07:30	Intermediate Children Lessons 09:15 - 10:00
Adult Lessons 18:00 - 18:45	Children Lessons 17:15 - 18:00	Children Lessons 16:30 - 17:15	Masters/ Triathlon Group 18:15 - 19:45	Adult Lessons 18:00 - 18:45	Children Lessons 10:00 - 10:45
-	Masters/ Triathlon Group 18:00 - 19:30	Intermediate Children Lessons 17:15 - 18:00	-	-	Children Lessons 10:45 - 11:30

Opening hours of the pools

Monday – Friday
05:30 – 21:00

Saturday
06:00 – 13:00

Sunday
07:00 – 13:00

Public holidays
Closed