

STRETCH & SWIM



Join us for a morning
of yoga and swimming



Sun 28 May

7:30-9:00am

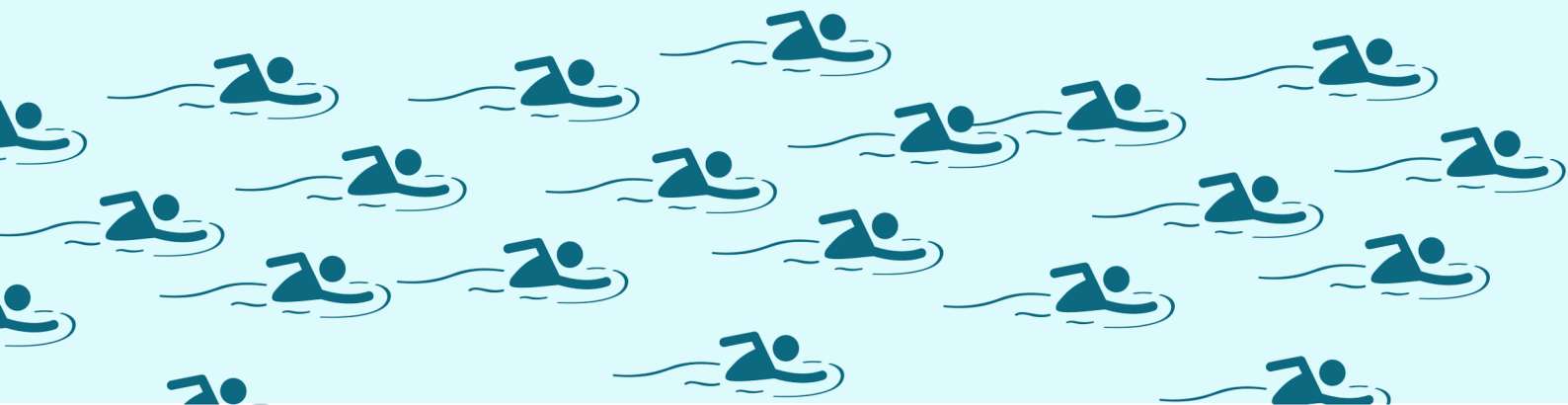
Belmont Oasis Leisure Centre



Registration essential



SCAN ME!





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About Stretch & Swim

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Yoga and swimming are a natural fit, with both activities helping to coordinate breath, body and mind. The aim of this session is to help you lengthen and strengthen muscles, improve mobility, build mental focus, and become more confident in the water. Stretch & Swim will start with a 30 minute yoga class to activate your body and mind before commencing a coached swimming session.

Who can Attend?

The session will cater for beginner yogis and swimmers, and those who are more confident and would like to challenge themselves. Participants must be over 18 years old and be able to swim at least 25m of freestyle unassisted.

What do I Wear?

Please wear comfortable clothing for yoga, and bring your own bathers, towel, goggles and water bottle. There will be short break between the yoga and swimming part of the session, so participants can move from the yoga room to the pool and get changed if necessary.

What do I Bring?

Participants are encouraged to bring their own yoga mat; however, a few mats will be available for participants to borrow upon request. During the swimming part of the session, participants may also be asked to use a kickboard and swim fins. Please bring these if you have them or indicate what equipment you need when you register. Belmont Masters Swimming Club has some equipment that can be used by participants.

How much does it Cost?

Stretch and swim is FREE however participants will need to pay for pool entry at [Belmont Oasis](#). Places are limited. Please [click here](#) to register.

Who do I Contact?

Stretch & Swim will be led by Ryan Medrana, Yoga Instructor at [Vai Yoga](#) in Morley and Masters Club Coach at the [Belmont Masters Swimming Club](#). If you have any queries about the session, please email Ryan at info@vaiyoga.com.au