



Jumeirah  
MADINAT JUMEIRAH  
STAY DIFFERENT™

## DIVE INTO OUR SWIMMING CLASSES

Make your swimming goals a reality at Talise Fitness with classes led by internationally certified coaches. We offer private or group classes available for all ages.

TALISE  
FITNESS

[mjtalisefitness@jumeirah.com](mailto:mjtalisefitness@jumeirah.com)  
04 366 5546 | [jumeirah.com/talisefitness](http://jumeirah.com/talisefitness)

## MASTER CLASS FOR ADULTS

It encompasses casual fitness swimming to highly-organized competitive swimming and how far you go is up to you.



## GROUP LESSON FOR YOUTH

Swimming is an excellent life skill for children to learn and a brilliant way for them to exercise. We offer swimming courses and lessons for kids of all levels and abilities.

It's never too early to start swimming so book your child's place today.

## SWIMMING PROGRAMS FOR INFANTS AND TODDLERS

Our Baby program encourages bonding with parent while teaching basic water safety skills. Parent is instructed on how to teach the child.

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### Sessions for minimum 5 lessons

<b>1 on 1 Session:</b>	<b>Talise Member</b>	<b>Talise Member Guests</b>
30 min	AED 160	AED 180
45min	AED 265	AED 285
60 min	AED 295	AED 315

<b>1 on 2 Session:</b>	<b>Talise Member</b>	<b>Talise Member Guests</b>
30 min	AED 110	AED 125
45min	AED 155	AED 175
60 min	AED 190	AED 210

<b>1 on 3 Session:</b>	<b>Talise Member</b>	<b>Talise Member Guests</b>
30 min	AED 95	AED 115
45min	AED 110	AED 130
60 min	AED 135	AED 165

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### Single Session

<b>1 on 1 Session:</b>	<b>Talise Member</b>	<b>Talise Member Guests</b>
30 min	AED 180	AED 195
45 min	AED 285	AED 300
60 min	AED 310	AED 335

<b>1 on 2 Session:</b>	<b>Talise Member</b>	<b>Talise Member Guests</b>
30 min	AED 135	AED 150
45 min	AED 176	AED 200
60 min	AED 215	AED 235

<b>1 on 3 Session:</b>	<b>Talise Member</b>	<b>Talise Member Guests</b>
30 min	AED 115	AED 135
45 min	AED 135	AED 160
60 min	AED 155	AED 190

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**Group Lessons**  
30min - AED 100

**Baby Lesson**  
30min - AED 100