CANTON
INTERNATIONAL HOUSE
广粤国际交流中心

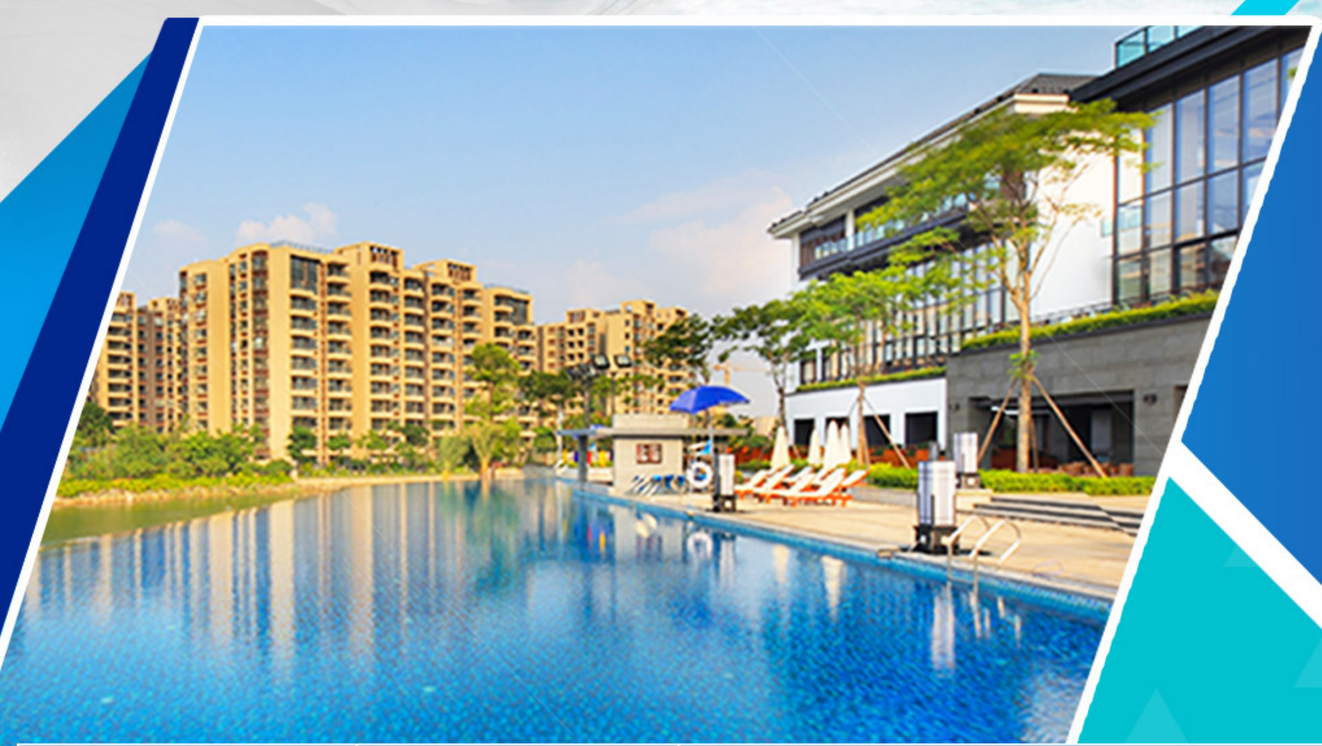
# SWIMMING

# 私教与你 健康健美

## SWIM THE FAT AWAY!

游泳的运动量更温和，美化身体线条的同时，增强心肺功能和机体免疫力，尤其对青少年的生长发育有很大帮助。

Swimming is a mild sport that improves body curve and heart and lung function, which is particularly important to teenagers.



广粤国际交流中心的室内恒温泳池，采用臭氧消毒系统，不用担心氧气对眼睛及皮肤的伤害。户外无边际泳池，畅享大浩湖美景，泳池深度从0.8米至1.4米，适合游泳教学。这个夏日，快来感受畅泳乐趣吧！

Our Indoor Swimming Pool use Ozone disinfection system rather than the traditional chemicals, minimizing the harm to skin and eyes. If you like enjoying the sun, the Outdoor Swimming Pool with open lake view and a pool bar would be another place for you to enjoy the summer."

| 课程形式 Lesson Type | 课时数 Lesson Hour | 会员（元/人） Member (RMB / Person) | | 嘉宾（元/人） Guest (RMB/Person) | | 课程周期 Class cycle | |
|---|---|---|---|---|---|---|---|
| | | 单价 Price / Class | 套餐价 Package Price | 单价 Price / Class | 套餐价 Package Price | | |
| 1对1 1 on 1 | 1 | 230 | / | 310 | / | 1个月 | 1 months |
| | 10 | 220 | 2200 | 300 | 3000 | 2个月 | 2 months |
| | 20 | 210 | 4200 | 290 | 5800 | 4个月 | 4 months |
| | 30 | 200 | 6000 | 280 | 8400 | 6个月 | 6 months |
| | 50 | 180 | 9000 | 260 | 13000 | 10个月 | 10 months |
| 1对2 1 on 2 | 1 | 200 | / | 280 | / | 1个月 | 1 months |
| | 10 | 190 | 1900 | 270 | 2700 | 2个月 | 2 months |
| | 20 | 180 | 3600 | 260 | 5200 | 4个月 | 4 months |
| | 30 | 170 | 5100 | 250 | 7500 | 6个月 | 6 months |
| | 50 | 150 | 7500 | 230 | 11500 | 10个月 | 10 months |