



MCGREGOR · WESTERN CAPE · SOUTH AFRICA

THE POOL

Price List · 2026

info@xtremepilates.co.za 0832 981 128 www.xtremepilates.co.za

"Eighteen metres of quiet — for cooling down, or for the long, slow lap."

— WATER · BREATH · RHYTHM



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THE POOL

POOL USE

An 18-metre swimming pool for cooling down after training or sauna sessions, or for solo lap swimming with permanent lanes.

Whether you swim once or settle into a daily rhythm, the pool is here for the steady, repeating practice that water rewards.

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PRICING

1 FEBRUARY 2026 — 1 FEBRUARY 2027

Stop by once, or build it into your week — the more often you swim, the better the rate.

CASUAL VISITS

Day visitor (1 hr per person)	R 50
Multiple entries same day (per person)	R 100

CONTRACTS

Weekly contract (1 hr / day)	R 200 / week
Monthly contract (1 hr / day)	R 600 / month

Contracts include one hour of pool time per day for the duration of the contract.

A FEW THINGS TO KNOW

Lane availability. Permanent lanes are reserved for solo lap swimmers. Please book ahead during peak hours.

Bookings. 12 hours' notice is appreciated for cancellations.

Accounts. Weekly and monthly contracts are invoiced in advance. Pool access is non-transferable.

身心靈

Body · Mind · Spirit

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