

# Squad Programme

# FLAMES



Stingrays

Monday to Friday  
60 minute class

6.00pm–7.00pm

Aquajets

Monday to Friday  
60 minute class

6.00pm–7.00pm

Squad Gold

Monday to Friday  
60 minute class

6.00pm–7.00pm

## Fees

**1 session per week \$78.60 per month\***

**2 or more sessions per week \$112.20 per month\***

\* Payable within the 1st week of each month

All prices G.S.T. included

No Casual Sessions

The school will be closed on all public holidays

## Family Discounts

Our charges are based on monthly fees being paid, however, if a swimmer misses two consecutive weeks or more in the same month through illness or family holidays, we offer a 50% reduction for that month. Should you miss intermittently eg. less than two weeks or days here and there then full monthly fees apply.

Please note that there is no family discount if half fees are paid. NO cash refund applies once you have commenced a month, but you may make up a missed lesson in the next month.

**See reverse side of notice for Important Information regarding our Squad Programme**

## Squad Programme information

Congratulations on choosing to swim with the State Swim Squad Programme.

Attaining this goal is quite an achievement as it means you have reached a good standard in your four main strokes.

Squad swimming maintains the standard you have achieved, teaches you the remaining important Racing Turns, as well as improving your general fitness. You have reached a level in swimming that enables you to have a good knowledge of strokes, now it is important that you consolidate your swimming as a member of our Squad Programme.

The Squad Programme is designed to give young swimmers experience in a large number of exciting and varied activities.

These include:

- Inter-school Carnivals
- Superswims
- State Swim Challenge
- Long Distance Days
- Special Event Days

## Squad Super Swims

These events are held monthly where possible and every member of the squad will have the opportunity to swim 50 metre freestyle and 50 metre form stroke (nominated by the school). The times for each swim will be recorded and if times are an improvement on previous swims, Super Swim Cards will be presented. When a total of 10, 20 and 30 Super Swim Cards are collected a medal will be presented. When 50 cards have been achieved a trophy will be awarded to the swimmer.

**We trust that your swimmer will enjoy their time as a member of our State Swim Squad Programme.**