

# Squad Programme



<b>Stingrays</b>	<b>60 minute session</b> Monday to Friday Saturday	1 Session / week 6.00pm–7.00pm 12 noon–1.00pm
Bookings Essential		
<b>Aquajets</b>	<b>60 minute session</b> Tuesday, Wed, Thursday Saturday	1 or 2 sessions / week 6.00pm–7.00pm 12 noon–1.00pm
Bookings Essential		
<b>Langman</b>	<b>60 minute session</b> Monday & Friday Wednesday Saturday	1 or 2 sessions / week 6.00pm–7.00pm 7.00pm–8.00pm 12 noon–1.00pm
Bookings Essential		
<b>Bastian</b>	<b>60 minute session</b> Monday & Wednesday Friday	1-3 sessions / week 6.45pm–8.00pm 6.00pm–7.00pm
Bookings Essential		

## Stephenson Junior & Senior, Cowdrey, Hill & National and High Performance Squads

Information on these squads is available on request from reception

### Fees

#### Stingrays

1 session per week \$71.50 per month\*

#### Aquajets & Langman

1 session per week \$71.50 per month\*

2 sessions per week \$88.00 per month\*

#### Bastian

1 session per week \$71.50 per month\*

2-3 sessions per week \$98.00 per month\*

\* Fees payable within the first 7 days of the month  
All prices G.S.T. included. No Casual Sessions.

We trust that your swimmer will enjoy their time as a member of the Norwood Swim School Squad Programme.  
If you have any questions please do not hesitate to talk to one of the Coaches.

See reverse side of notice for Important Information regarding the Squad Programme

*The school is closed on all public holidays*

*Timetable subject to change*

## Norwood Swim School

A Member of the State Swim Group



**Telephone 8332 1136**

Email: [customerservice@norwood.stateswim.net](mailto:customerservice@norwood.stateswim.net)

[www.stateswim.net.au](http://www.stateswim.net.au)

### Family Discounts

The following monthly programmes are grouped together to obtain the Family Monthly Discount: Children's & Adult learn to swim and Squads. All current fees must be paid together, by the 7th of the month, to get the Family Monthly Discount. Outstanding fees do not receive the discount.

No. Swimmers	1	2	3	4	5	+
Discount	0%	0%	30%	60%	70%	70%

Note, first & second person do not receive a discount, the third receives 30%, fourth 60% and so on.

## (Norwood)

### Squad Programme Assessments

Please phone our customer service team to make a booking for a squad assessment.

### Squad Programme information

Congratulations on choosing to swim with the Norwood Squad Programme.

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 Days
- Special Event Days
- Competitive Swimming
- School Holiday Clinics

### Squad Activities

Squad swimmers are encouraged to participate in Super Swims, State Swim Challenge and other squad activities that are on during the year. These activities form an important part of the swimmers training and development and form part of the criteria to be eligible to move into the next squad.

### Squad Fee Adjustment

#### Request Form

#### For Aquajets and above

*(For swimmers swimming more than once per week)*

Requests for fees and adjustments must be in writing on the 'Squad Fee Adjustment Form'. Forms available at reception, or download from [www.stateswim.net.au](http://www.stateswim.net.au)

### Club Membership

Swimmers in all squads are invited to join the Norwood Swimming Club which has its home base at the Norwood Swimming School. An information booklet is available from the reception desk.



[www.norwood.swimmingsa.org.au](http://www.norwood.swimmingsa.org.au)

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