



SQUAD COACHING

HERVEY BAY AQUATIC CENTRE

Squad Sessions Available

General Fitness & Technique/Skill Development:

Suitable for anyone who wants to swim, learn new skills or further develop current skills & fitness. Some basic swimming capabilities and general fitness is preferred.

Performance (Junior, State & National):

Targeted at, but not limited to, swimmers who compete in race meets e.g. Swim Club, Triathlon and Surf Lifesaving.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	General Fitness/Skill Development: 5:30am-6:30am & 6:30am – 7:30am Performance (State & National): 5:30am – 7:30am		General Fitness/Skill Development: 5:30am-6:30am & 6:30am – 7:30am Performance (State & National): 5:30am – 7:30am	Performance (All Levels): 5:30am – 7:00am	General Fitness/Skill Development: 5:30am-6:30am & 6:30am – 7:30am Performance (State & National): 5:30am – 7:30am
PM	General Fitness/Skill Development: 3:30pm – 4:30pm Performance (All Levels): 4:15pm – 6:30pm (first 15min activation)	Performance (All Levels): 3:45pm – 6:00pm (first 15min activation)	General Fitness/Skill Development: 3:30pm – 4:30pm Performance (All Levels): 4:15pm – 6:30pm (first 15min activation)	General Fitness/Skill Development: 3:30pm – 4:30pm & 6:00pm – 7:00pm Performance (All Levels): 4:15pm – 6:30pm (first 15min activation)	

Please note that squad descriptions are a guide only. The coach will ensure you are in the session/s that suit your goals & requirements. If you have any questions please contact Caleb Ryan on 0410 317 130 or calebryan12@gmail.com



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FEES

(PAID TO COACH)

Monthly - \$140 (paid on the first of each month)
Family Monthly - \$350 (paid on the first of each month)
Weekly - \$40 (valid Monday-Friday)
10 Pass - \$72
20 Pass - \$136
Casual Session - \$8

**PAYMENTS CAN BE MADE IN PERSON VIA CASH OR CARD;
OR PAID BY INVOICE UPON REQUEST.**

**** PLEASE NOTE THAT PRICES ABOVE DO NOT INCLUDE
POOL ENTRY.**

**PART WEEKLY/MONTHLY PAYMENTS CAN
BE ORGANISED UPON REQUEST.**

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