

Prices - Please note passes are for the use of direct Family Members only.

12 months Individual Squad Pass	Unlimited entry to all pools. Payments are to be made 1 month in advance. Recommended for attendance of 6 session p/w or more = 'Approx' \$6.10 per session based on 46 weeks attendance	\$1676
60 Visit Squad Pass	<u>Valid for 4 months only</u> and for attendance of 5 session p/w = \$7.40 per session	\$444
20 Visit Squad Pass	<u>Valid for 8 weeks only</u> and for attendance of 3 - 4 session p/w = \$9.15 per session	\$183
10 Visit Squad Pass	<u>Valid for 7 weeks only</u> and for attendance of 2 - 3 session p/w = \$10.60 per session	\$106
5 Visit Squad Pass	<u>Valid for 6 weeks only</u> and for attendance of 1 session p/w = \$12.80 per session	\$64
Casual Squad	All prices include pool entry	\$13.50
20 Visit Adult Pass	<u>Valid for 12 months</u>	\$183

When purchasing a squad pass please check the terms and conditions posted on our website or ask for a copy at reception. If you require more information please contact Gavin Urquhart or Jeff Collier via email gurquhart@tweed.nsw.gov.au or please check our website www.trac.tweed.nsw.gov.au

Swimming Squad Levels - Please note no squad on Public Holidays

Senior	(State Squad) Morning Senior sessions are more intense, require more discipline and are more focused on athletes aspiring to compete at the state or national levels of swimming in any discipline (Triathlon, Surf, school, ocean, Swimming Australia etc). (5 - 8 session p/w.)
Sharks	Our first Squad level following on from the Learn to Swim program with an aim to develop the life skill of swimming, improve aquatic strength and swimming technique in a fun and enthusiastic environment. (recommended that swimmers attend 2 - 3 sessions per week)
Cadets	The Cadets is the transitional level before entry into the Senior Squad swimming program. Young swimmers will be challenged and introduced to training techniques in all four competitive strokes. Swimmers are encouraged to participate in a competitive club of any discipline. (4 sessions per week)

This Month

SCHOOL SWIMMING TRAINING HAS STARTED!!! Please see your coaches regarding preparation for local school swimming competitions.

Sharks = 3 sessions per week

Cadets = 4 Sessions per week

Cadets to Seniors overlap = 5 sessions per week

Seniors = 5 - 8 sessions per week

Like us on Facebook <https://www.facebook.com/TweedRegionalAquaticCentre/>

Murwillumbah - No squads on Public Holidays.

Senior AM	Tuesday and Thursday 5:30am – 7:30am Gavin Cancelled 9 th - 28 th February Monday, Wednesday & Friday All Levels 6.30am - 7.45am Michael
Sharks	Monday - Thursday 3:30pm - 4:30pm Brendan/Michael/Kate
Sharks	Saturday 8.30am - 9.30am Sandy
Cadets	Monday - Thursday 4:30pm - 5:30pm Brendan/Michael/Kate
Senior PM	Monday - Thursday 4:30pm - 5:45pm Michael/Brendan/Kate
Adult Swim Fit	Tuesday and Thursday 6:00pm - 7:00pm Jeff
Water Polo	4.30pm - 6.00pm Davide

Kingscliff - No squads on Public Holidays.

Senior AM	Monday 5:30am – 7:00am Cancelled 9 th - 28 th February Tuesday - Friday 5:30am - 7:00am Dwain Saturday 7:00 am - 9am Dwain / Gavin
Sharks	Monday - Thursday 3:30pm - 4:30pm Aaron Monday 5:00pm - 5:45pm Kaylene Saturday 9:00 am Dwain / Gavin
Cadets	Monday - Thursday 4:30pm - 6:00pm Gavin / Aaron (Thursday) Saturday 9:00 am Dwain / Gavin
Senior PM	Monday - Thursday 4:30pm - 6:30pm Gavin (Aaron Thursday) (Dry land preparation Monday, Tuesday and Wednesday 4:00pm) - Cancelled 9 th - 28 th February
Adult Swim Fit	Monday and Thursday 6:00pm - 7:00pm

Tweed - No squads on Public Holidays.

Senior AM	Tuesday - Friday 5:30am Ian , Saturday 8am - 10am Ian
Sharks	Monday and Wednesday 3:30pm - 4:30pm Sandi, Saturday 8am Ian
Cadets	Monday and Wednesday 4:30pm - 6:00pm Sandi, Saturday 8am Ian
Senior PM	Monday and Wednesday 4:30pm - 6:00pm Sandi