

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

<b>12 months Individual Squad Pass</b>	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	<b>\$1676</b>
<b>60 Visit Squad Pass</b>	<b><u>Valid for 4 months only</u></b> and for attendance of 5 session p/w = \$7.40 per session	<b>\$444</b>
<b>20 Visit Squad Pass</b>	<b><u>Valid for 8 weeks only</u></b> and for attendance of 3 - 4 session p/w = \$9.15 per session	<b>\$183</b>
<b>10 Visit Squad Pass</b>	<b><u>Valid for 7 weeks only</u></b> and for attendance of 2 - 3 session p/w = \$10.60 per session	<b>\$106</b>
<b>5 Visit Squad Pass</b>	<b><u>Valid for 6 weeks only</u></b> and for attendance of 1 session p/w = \$12.80 per session	<b>\$64</b>
<b>Casual Squad</b>	<b>All prices include pool entry</b>	<b>\$13.50</b>
<b>20 Visit Adult Pass</b>	<b><u>Valid for 12 months</u></b>	<b>\$183</b>

**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](mailto:gurquhart@tweed.nsw.gov.au) or please check our website [www.trac.tweed.nsw.gov.au](http://www.trac.tweed.nsw.gov.au)**

**Swimming Squad Levels - Please note no squad on Public Holidays**

<b>Senior</b>	(State & National Squad) 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.) This squad requires a commitment to training. So please - <b>No getting out early!</b>
<b>Sharks</b>	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)
<b>Cadets</b>	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 Swimming or Surf club of any discipline. (4 sessions per week)

## This Month

### Some important tips for children in sport.

There are some very useful websites that provide information about nutrition for children in sport. The Australian Dietary Guidelines (2013) also provide up-to-date advice about the amount and kinds of foods and drinks we need regularly for health and general well-being.

The guidelines recommend that children and young people eat plenty of 'plant' foods, such as vegetables, legumes, fruits and grains (mostly whole grain). They also recommend eating lean animal foods and reduced fat dairy products, drinking plenty of water, limiting the intake of fat (especially saturated fat), and choosing low salt foods.

Check these websites:

<https://www.healthykids.nsw.gov.au/parents-carers/guidelines/nutrition.aspx>

<https://www.betterhealth.vic.gov.au/health/healthyliving/sporting-performance-and-food>

<https://www.betterhealth.vic.gov.au/health/HealthyLiving/food-for-sport-tucker-talk-tips>

<https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

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

## Murwillumbah - No squads on Public Holidays.

Senior AM	Tuesday and Thursday 5:30 - 7:30 am Gavin (Thursdays Cancelled from the 2 <sup>nd</sup> of May until September 2019) Monday, Wednesday & Friday All Levels 6.00 - 7.30 am Michael / Kate (Dry land preparation first 30min of morning sessions)
Sharks	Monday - Thursday 3:30 - 4:30 pm Brendan / Michael Saturday 8.30 am - 9.30 am Sandy
Cadets	Monday - Thursday 4:30 - 5:30 pm Brendan / Michael / Kate
Senior PM	Monday - Thursday 4:30 - 5:45 pm Michael / Kate
Adult Swim Fit	Tuesday and Thursday 6:00 - 7:00 pm Jeff
Water Polo	Friday 4.30 - 6.00 pm Davide

## Kingscliff - No squads on Public Holidays.

Senior AM	Monday 5:30 - 7:00 am Gavin, Tuesday - Friday 5:30 - 7:00 am Dwain Saturday 7:00 - 9:00 am Dwain / Gavin
Sharks	Monday - Thursday 3:30 - 4:30pm Aaron, Monday 5:00 - 5:45pm Kaylene Saturday 9:00 am Dwain / Gavin
Cadets	Monday - Thursday 4:30 - 6:00 pm Gavin / Aaron (Thursday) Saturday 9:00 - 10:00 am Dwain / Gavin
Senior PM	Monday - Thursday 4:30 - 6:30 pm Gavin (Aaron Thursday) (Dry land preparation Monday, Tuesday and Wednesday 4:00 pm)
Adult Swim Fit	Monday and Thursday 6:00 - 7:00 pm

## Tweed - No squads on Public Holidays.

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