

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' \$6.15 per session based on 46 weeks attendance	\$1698
60 Visit Squad Pass	<u>Valid for 4 months only</u> and for attendance of 5 session p/w = \$7.60 per session	\$456
20 Visit Squad Pass	<u>Valid for 8 weeks only</u> and for attendance of 3 - 4 session p/w = \$9.30 per session	\$186
10 Visit Squad Pass	<u>Valid for 7 weeks only</u> and for attendance of 2 - 3 session p/w = \$10.80 per session	\$108
5 Visit Squad Pass	<u>Valid for 6 weeks only</u> and for attendance of 1 session p/w = \$13.00 per session	\$65
Casual Squad	All prices include pool entry	\$13.50
20 Visit Adult Pass	<u>Valid for 12 months</u>	\$186

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 & 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 - No getting out early!
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 an 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 Swimming or Surf club of any discipline. (4 sessions per week)

This Month

TRAC coach supported Winter Competition Schedule

1. 15-16th June SNC SC Winter Championships
2. 6th July Underwater filming clinics - Butterfly
3. 13-14th July QLD Short Course Prep meet Brisbane Aquatic Centre
4. 20th July Underwater filming clinics - Breaststroke
5. 16-18th August QLD Short Course Championships Brisbane Aquatic Centre
6. 28th September Underwater filming clinics - Backstroke
7. 5th October Somerset SC Transition Qualifying
8. 12th October Underwater filming clinics - Freestyle

Swimmers are welcome to compete in additional competitions. Please consult your club or respective coach for additional competitions, information and qualifying meets.

Coach holidays are coming up during the winter season please check notice board for coach replacements or talk to your respective coach.

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 nd 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 Hayley
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

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