

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 Summer Competition Schedule

1. Oct 26th Mullumbimby swimming club qualifying carnival
2. Nov 9th Twin Towns Water Dragons L/C Qualifying Meet
3. Nov 9th & 10th Brisbane Aquatic centre Medal Shots LC Preparation Meet
4. Dec 14th to 20th QLD Championships Brisbane Aquatic Centre
5. Dec 13th - 18th NSW Senior State Age Championships Sydney Olympic Park
6. Jan 10th 2020 School Racing Clinic and Time Trails - Breaststroke
7. Jan 16th 2020 School Racing Clinic and Time Trails - Backstroke and Freestyle
8. Jan 24th 2020 School Racing Clinic and Time Trails - Butterfly

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

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

Murwillumbah - No squads on Public Holidays.

Senior AM	Tuesday 5.30 - 7:30 AM Gavin 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 - 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 - 4:30 PM Aaron, Monday 5:00 - 5:45 PM 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, Wednesday 3:30 - 4:30 PM Sandi, Saturday 8 AM Ian
Cadets	Monday, Wednesday 4:30 - 6:00 PM Sandi, Saturday 8 AM Ian
Senior PM	Monday, Wednesday and Thursdays 4:30 - 6:00 PM Sandi