

Prices - Please note passes are for the use of direct Family Members only. Squads must be booked in advance from each Monday for the following week.

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	Valid for 4 months only and for attendance of 5 session p/w = \$7.90 per session	\$474
20 Visit Squad Pass	Valid for 8 weeks only and for attendance of 3 - 4 session p/w = \$9.60 per session	\$192
10 Visit Squad Pass	Valid for 7 weeks only and for attendance of 2 - 3 session p/w = \$11.10 per session	\$111
5 Visit Squad Pass	Valid for 6 weeks only and for attendance of 1 session p/w = \$13.20 per session	\$66
Casual Squad	All prices include pool entry	\$13.80
20 Visit Adult Pass	Valid for 12 months	\$192

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	Senior sessions are more intense (especially morning squads), 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 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 Swimming or Surf club of any discipline. (4 sessions per week)

This Month

Christmas Holiday Squad Variations

No Squad on Public Holidays and all pools closed 25th - 28th Dec.

Murwillumbah - Cancel Friday 18 Dec PM sessions only, Monday 21 Dec - Wednesday 23 Dec AM squads only. Final squad session is the Wednesday 23 Dec AM session. AM squads resume on Monday 4 Jan with no PM sessions until week commencing Monday 25 Jan.

Tweed - Squads will resume on Tuesday 5 Jan for AM sessions only.

Kingscliff - No PM squads on Christmas Eve and from 29th - 2nd Jan AM Squad only 7 - 9am and all squads cancelled on Thursday 7th January.

School Racing Clinics 2021 Kingscliff Pool 8AM - 11AM. 16th January - Breaststroke and Butterfly
23th January - Backstroke and Freestyle.

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

Competitive		Murwillumbah	Kingscliff	Tweed
MON	AM - Senior	Michael 6 - 7.30 / 7-8 Sharks	Gavin 5.30 - 7	
	PM - Sharks	Brendan 3:30 - 4:30	Aaron 3:30 - 4:30	
	PM - Cadets	Brendan 4:30 - 5:30	Gavin 4 - 6:30 (Gym)	
	PM - Senior	Brendan 4:30 - 5:45	Gavin 4 - 6:30 (Gym)	
TUES	AM - Senior	Gavin 5:30 - 7:30 (Gym)	Dwain 5:30 - 7	Ian 5.30-7.30
	PM - Sharks	Michael 3:30 - 4:30	Aaron 3:30 - 4:30	AM Sharks 6:30-7:30
	PM - Cadets	Michael 4:30 - 5:30	Gavin 4 - 6 (Gym)(Club)	AM Cadets 5.30-7.30
	PM - Senior	Michael 4:30 - 5:45	Gavin 4 - 6 (Gym)(Club)	
WED	AM - Senior	Michael 6 - 7.30 / 7-8 Sharks	Dwain 5:30 - 7	Ian 5.30 - 7.30
	PM - Sharks	Brendan 4:45 - 5:45	Gavin 3:30 - 4:30	AM Sharks 6:30-7:30
	PM - Cadets	Brendan 3:30 - 4:45	Gavin 4 - 6:30 (Gym)	AM Cadets 5.30-7.30
	PM - Senior	Brendan 3:30 - 4:45	Gavin 4 - 6:30 (Gym)	
THURS	AM - Senior	X	Dwain 5:30 - 7	Ian 5.30 - 7.30
	PM - Sharks	Brendan 3:30 - 4:30	Aaron 3:30 - 4:30	AM Sharks 6:30-7:30
	PM - Cadets	Brendan 4:30 - 5:30	Gavin 4:30 - 6:30	AM Cadets 5.30-7.30
	PM - Senior	Brendan 4:30 - 5:45	Gavin 4:30 - 6:30	
FRI	AM - Senior	Michael 6 - 7.30 / 7-8 Sharks	Dwain 5:30 - 7	Ian 5.30 - 7.30
	PM - Sharks	X	X	AM Sharks 6:30-7:30
	PM - Cadets	Brendan 4 - 5:30	X	AM Cadets 5.30-7.30
	PM - Senior	Brendan 4 - 5:30	X	
SAT	AM - Senior	X Please attend Kingscliff	Dwain 8 - 10 (Gym)	Ian 8 - 9:30
	AM - Cadets		Dwain 8 - 10 (Gym)	Ian 8 - 9:30
	AM - Sharks		Dwain 10 - 11	

Fitness	Murwillumbah	Kingscliff	Tweed
Monday	X	Aaron 6pm - 7 pm	
Tuesday	Michael 5:45pm - 6:45pm		
Wednesday	X		
Thursday	Brendan 5:45pm - 6:45pm	Aaron 6pm - 7 pm	