

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

This Month

Amazing results, lessons learned and excellent training efforts is the way I would summarise our 2021 swimming campaign. Unfortunately there is not enough room on this brochure to list all the amazing PB and ranking improvements over the last 2 months in both Surf, Triathlon and Pool swimming but there is a list of State level placings and above in the Kingscliff Gym Room if anyone want to have a look. Please note that if your child has attended a State or National level competition in 2021 and is a member of a swimming club you can contact me to become a member of the TRAC State qualifiers WhatsApp to be kept abreast of competition updates.

Winter SC Competitions to consider

1-2 May Trinity Lismore SC Qualifying Meet

15-16 May Twin Towns Qualifying Meet

22-23 May SNSW MC Meet SNSW Swim League Round 1 TBC Trinity Lismore (Upper North)

29-30 May SNC Short Course Championships Lismore - Trinity Lismore

5-6 June SNSW Swim League Round 2 Trinity Lismore (Upper North)

10 - 11 June 2021 Speedo Short Course Preparation Meet

26-27 June SNSW Country Championships SOPAC - SNSW

13 - 15 August 2021 Queensland Short Course Championships

20-22 August 2021 SNSW Senior State Age SC Championships SOPAC

4-5 September 2021 SNSW Junior State Age SC Championships SOPAC

September 2021 Swimming Australia SC Championships TBC

29 September -1 October State Teams SC Meet AIS

Swimmers are encouraged 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/>

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 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)

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 Kaylene 5 - 5:45	Sandy 3:30-4:30
	PM - Cadets	Brendan 4:30 - 5:30	Gavin 4 - 6:30 (Gym)	Sandy 4:30 - 6
	PM - Senior	Brendan 4:30 - 5:40	Gavin 4 - 6:30 (Gym)	Sandy 4:30 - 6
TUES	AM - Senior		Gavin / Dwain 5:30 - 7:30 (Gym)	Ian 5.30-7.30
	PM - Sharks	Michael 3:30 - 4:30	Aaron 3:30 - 4:30	AM 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 - 5:40	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	Aaron 4:30 - 6:30	AM Cadets 5.30-7.30
	PM - Senior	Brendan 4:30 - 5:45	Aaron 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	X	X	AM Cadets 5.30-7.30
	PM - Senior	X	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 5.30pm - 6:30pm	
Tuesday	Michael 5:45pm - 6:45pm		
Wednesday	X		
Thursday	Brendan 5:45pm - 6:45pm	Aaron 5.30pm - 6:30pm	