

Wyndham City Swimming Club

Training Schedule



Effective from the 1st January, 2010

National Squad

Coach: Paul

Major Focus: Age / Open National Championships

Cost per month: \$200, inclusive of Dry Land

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A.M.	5.15 – 7.00	5.15 – 7.00	5.15 – 7.00		5.15 – 7.00	7.00 – 9.00
P.M.	5.00 – 7.00	5.00 – 6.00 Gym	5.00 – 7.00	5.00 – 7.00	5.30 – 7.30 Skills & Drills Gym	

National Development Squad

Coach: Peter

Major Focus: National Qualifying Times / State Championships

Cost per month: \$180 *Min of 6 sessions, Dry Land paid separately

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A.M.	5.15 – 7.00	5.15 – 7.00	5.15 – 7.00		5.15 – 7.00	7.00 – 9.00
P.M.	5.00 – 6.00 Dry land	5.00 – 7.00	5.00 – 6.00 Dry Land	5.00 – 7.00	5.30 – 6.30 Skills & Drills	

Senior Development Squad

Coaches: Peter & Jeanette

Major Focus: State Championships

Cost per month: \$167.50 for seven sessions, \$157.50 for six sessions, \$145 for five sessions, \$135 for four sessions
Dry Land paid separately

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A.M.	5.15 – 7.00 Peter		5.15 – 7.00 Peter	5.15 – 7.00 Jeanette		7.00 – 8.00 Jeanette
P.M.	5.00 – 6.00 Dry land	7.00 – 8.30 Jeanette	5.00 – 6.00 Dry Land	7.00 – 8.30 Jeanette	5.30 – 6.30 Skills & Drills Peter	

State Youth Squad

Coaches: Sam & Scott

Major Focus: State Championships

Cost per month: \$145, Dry Land paid separately

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M.		5.15 – 7.00		5.15 – 7.00	5.15 – 7.00
P.M.	4.30 – 6.30		4.30 – 6.30	5.00 – 6.00 Dry Land	

State Development Squad

Coaches: Sam & Scott

Major Focus: State Qualifying Times / District & School Championships

Cost per month: \$135, plus an additional \$20 for Junior Talent. Dry Land paid separately

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A.M.		5.15 – 7.00		5.15 – 7.00		8.00 – 9.00 Junior Talent
P.M.	4.30 – 6.00		4.30 – 6.00	5.00 – 6.00 Dry Land		

Junior Development Squad

Coaches: Sam, Scott & Paul (Fridays)

Major Focus: Club / District & School Championships

Cost per month: \$115 for three sessions, \$100 for two sessions, plus an additional \$20 for Junior Talent

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A.M.						8.00 – 9.00 Junior Talent
P.M.	6.00 – 7.00		6.00 – 7.00		4.30 – 6.00	

Competition Development Squad

Coaches: Jenny & Alana

Major Focus: Club / District & School Championships

Cost per month: \$115 for three sessions, \$100 for two sessions, \$75 for one session

	Monday	Tuesday	Wednesday	Thursday	Friday
P.M.		Session 1 5.00 – 6.00 Session 2 6.00 – 7.00		Session 1 5.00 – 6.00 Session 2 6.00 – 7.00	4.30 – 5.30

Novice Squads

Coaches: Janine, Alana, Leilani, Jeanette and Daniel

Major Focus: Club / District & School Championships

Cost per month: \$100 for two sessions, \$75 for one session

	Monday	Tuesday	Wednesday	Thursday	Friday
Junior Novice (PM) Janine & Daniel (Tue) Janine & Leilani (Thu)		5.00 – 6.00		5.00 – 6.00	
Novice Development (PM) Jeanette and Daniel (Tue) Janine & Leilani (Thu)		6.00 – 7.00		6.00 – 7.00	
Novice (PM) Alana and Daniel		7.00 – 8.00		7.00 – 8.00	

Triathlon Squad

Coach: Sam

Major Focus: Triathlon / Open Water Swimming

Cost per session: \$10

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A.M.						7.00 – 8.00
P.M.						

PLEASE NOTE:

There are no refunds on monthly fees. Fees are paid during the first week of each month (cheques payable to Swim Squad)

A \$10.00 DISCOUNT WILL APPLY TO ALL PAYMENTS MADE ON OR BEFORE THE 8th DAY OF EACH MONTH

Cash or cheques need to be placed into the yellow 'Squad Fees' box in the clubrooms (all require a labelled envelope)

Training enquires to:

Paul Taylor 0411 161 147 or paultaylorwss@yahoo.com

or visit our website on www.wyndhamcityswimmingclub.com.au