



# Adult Squad

Never Stand Still

Fitness & Aquatic Centre

YMCA

## Welcome to Adult Squad

The Adult Squad aims to improve the swimmer's fitness, speed and stroke through a structured training program. Squad swimmers will swim from 1.5km to 4km per session; lanes are allocated for various speeds; Squad caters for those participating in triathlons, ocean swims and those who just wish to maintain a general swimming fitness.

Adult Squad is set up to allow you to swim at any of the 5 sessions, ideally to get the greatest benefit the swimmer would swim at least twice a week.

### Adult Squad Membership is either via direct debit or multi visit pass

Direct Debit Membership entitles the members to the following:

- Access to all squad sessions
- Access to all Fitness and Aquatic Areas
- Fitness Induction
- Use of all gym equipment
- Group Fitness Classes
- No Joining or Cancellation fees
- Option to suspend membership
- Cost \$55.00 per Fortnight Adult Direct Debit Membership  
\$47.00 per Fortnight Student/Staff Squad Direct Debit Membership

### Multi Visit Squad Passes

For those who swim 1-session per week or the occasional 2-sessions per week, we have 10 and 20 multi visit passes. Visit passes are valid for 12 months.

- Adult 10 Visit Pass \$164.00
- Adult 20 Visit Pass \$303.00
- Student/Staff 10 Visit Pass \$141.00
- Student/Staff 20 Visit Pass \$258.00

RECREATIONAL SQUAD PROGRAM		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ADULTS	AM	5.30 - 7.00		5.30 - 7.00		5.30 - 7.00	
	PM	6.00 - 7.30		6.00 - 7.30			

### Access Cards

All squad swimmers will be issued with a membership card. Members must use their cards to access the pool. If your card is not working please see reception so that we can resolve the problem. Gaining entry to the pool by jumping the turnstile, ducking under it or entering via the wheelchair gate is not permitted.

UNSW Fitness & Aquatics Swim School

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