

Welcome to the UNSW Swim School Gold Squad

Gold squad is the top level of the UNSW development squad program. The aim of the squad is to continue developing the swimmer's strokes and to increase their speed and fitness through a structured training program. Gold Squad is set up to allow you to swim at any of the 7 sessions, ideally to get the greatest benefit the swimmer would swim at least twice a week.

- 7 available sessions, you may attend any of these sessions without prior notice.
- Minimum of 2 sessions per week is recommended to gain the most benefit.
- \$48.00 per fortnight on Direct Debit or \$102.00 per month upfront payment.
- The preferred method of payment is via direct debit – please see the swim school desk to complete appropriate paperwork

How to Join

For those currently swimming in the program, please fill in an amendment form at the swim school desk.

For new swimmers you will need to fill out a membership form and select the appropriate payment option either the upfront or direct debit option.

For further information please see the swim school desk or call us on 9385 4881.

DEVELOPMENT SQUAD PROGRAM		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GOLD	AM	7.00 - 8.00		7.00 - 8.00			8.15 - 9.15
	PM	4.00 - 5.00		4.00 - 5.00	4.00 - 5.00	4.30 - 5.30	
SILVER	AM	7.00 - 7.45		7.00 - 7.45			9.15-10.00
	PM	4.00 - 5.00	3.45 - 4.30	4.00 - 4.45 & 5.00 - 5.45	3.45 - 4.30 & 5.00-5.45	3.45 - 4.30	