

## Welcome to the UNSW Swim School Silver Squad

Silver Squad is the first level of the UNSW development squad program. The focus of the squad is starts, turns and finishes for all 4 strokes. Swimmers will also be introduced to a standard squad format – warm up, drill sets, main set and swim down and taught how to use the pace clock.

- Silver squad is a 45 minute class offered every day of the week at various times (please see below timetable).
- Swimmers must be booked into a set class time.
- Cost is \$22.00 per lesson – 2<sup>nd</sup> and 3<sup>rd</sup> lesson discounts apply
- The preferred method of payment is via direct debit

Silver squad is the pathway to different squad programs within the swim school. From Silver squad swimmers can move to one of the following programs:

- Competition Program – District Squad is for swimmers aged 8-12 who wish to swim competitively. This squad requires a greater level of commitment and swimmers must be invited to join.
- Development Squad – Gold Squad is for swimmers aged 8-12 who wish to further develop their strokes but don't wish to be part of the competitive program.
- Recreation Program – Swimfit is high school age who wish to continue swimming for fitness

### How to Enrol

For those currently swimming in the program, please see the swim school desk to check for available class times and fill in an amendment form to change from your current squad to your new squad.

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

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

DEVELOPMENT SQUAD PROGRAM		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SILVER	AM	7.00 - 7.45		7.00 - 7.45			9.15-10.00	9.15-10.00
	PM	4.00 - 4.45	3.45 - 4.30	4.00 - 4.45 5.00 - 5.45	3.45 - 4.30 5.00 - 5.45	3.45 - 4.30 5.30 - 6.15		
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		

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