



# District Squad

Never Stand Still

Fitness & Aquatic Centre

YMCA

## Welcome to the UNSW Swim School District Squad.

District Squad is the first level of the UNSW competitive squad program. As a member of this squad you are choosing swimming as a competitive sport and your goal is to be a competitive swimmer participating in district level carnivals.

In order to achieve this goal District swimmers are required to:

- swim at least 2 out of the 4 available sessions (see timetable)
- Swim to the best of your ability in each session
- Respect your coach and your fellow swimmers
- Advise your coach if you will be absent from swimming
- Join the UNSW Swim Club
- Swim in the Club's Friday Night Races
- Participate in targeted Carnivals for the UNSW Swim Club

The coaches also make the commitment to support you at Squad training and at Carnivals. The coaches will devise a program that suits your development and goals.

### How to Join

For those currently swimming in the program, please fill in an amendment form at the swim school desk to transfer from your current squad to district squad.

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

District Squad fees are \$121 per month or \$56 per fortnight on DD (direct debit). The preferred method of payment is via direct debit.

For further information, please see the swim school desk or call us on 9385 6267.

JUNIOR COMPETITIVE SQUAD PROGRAM		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DISTRICT	AM		6.50 - 7.50		6.50 - 7.50*		
	PM			4.00-5.00		4.00-5.00	
METRO	AM	6.45 - 8.00		6.45 - 8.00	6.50 - 8.00*	6.45 - 8.00	
	PM		3.45 - 5.15				

UNSW Fitness & Aquatics Swim School  
Cnr Anzac Parade & High Street, B5, Kensington NSW 2052  
P: 02 9385 6267

F: 02 9385 6119

E: [swimschool.unsw@ymcansw.org.au](mailto:swimschool.unsw@ymcansw.org.au)

ABN: 28 067 150 010





**UNSW**  
AUSTRALIA

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### **UNSW Swim Club**

District Squad swimmers are part of the UNSW Swim School Competitive program and therefore are required to be part of the UNSW Swim Club. The UNSW Swim Club is supported by the Swim School but run by volunteer parents and older swimmers. Being part of the club allows you to participate at Club Night and compete in inter club, regional and State level Meets.

To join the UNSW Swim Club, you will need to go to the club website <http://www.unsw.swimming.org.au/>. On the home page click on the join now button; this will direct you to the centralised registration system for all swim clubs in Australia. Club membership runs from 1<sup>st</sup> October to 30<sup>th</sup> September each season.

The club website and Facebook page are regularly updated and provide you with all the information regarding club activities and up and coming meets.

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