

## Gold Squad – Holiday Break 2018

Gold Squad will finish for 2018 on Friday 21<sup>st</sup> December and return after the Christmas New Year Break on Monday 7<sup>th</sup> January 2019. This is a shorter break than normal as there has been a demand for squads to continue throughout the holidays. However if you wish to have more time off please fill out an amendment form at reception. The direct debit will automatically be suspended over the Christmas / New Year break break\*.

### Holiday Swimming (Monday 17<sup>th</sup> – Friday 21<sup>st</sup> December and Monday 7<sup>th</sup> to Friday 11<sup>th</sup>)

The Gold squad holiday timetable will be slightly different to the normal gold squad program. Please check timetable below for squad times. These times apply to Monday 17<sup>th</sup> – Friday 21<sup>st</sup> December and Monday 7<sup>th</sup> to Friday 11<sup>th</sup> January (**note Saturday Squads end for 2018 on 15<sup>th</sup> December and resume on 19<sup>th</sup> January 2019**).

	Mon	Tue	Wed	Thu	Fri	Sat
AM	7.00 - 8.00		7.00 - 8.00		7.00 - 8.00	
PM	4.00 – 5.00		4.00 – 5.00	4.00 – 5.00	<b>4.00 – 5.00*</b>	

\*Friday 21<sup>st</sup> December Only – Friday morning only on 11<sup>th</sup> January 2019 no afternoon on 11<sup>th</sup> January

### Gold squad 2019

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.

For those who may be moving to high school next year or are already in high school please discuss with your coach the best squad options for 2018. High school age swimmers should be looking to swim in the Swimfit or Platinum Squads.

### Gold Squad Timetable 2019 (from Monday 14<sup>h</sup> January 2019)

	Mon	Tue	Wed	Thu	Fri	Sat
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	

For further squad information please contact the Swim School Desk on 9385 6267 or email [swimschool.unsw@ymcansw.org.au](mailto:swimschool.unsw@ymcansw.org.au)

\*Automatic Suspension will be across 2 direct debit cycles – 21<sup>st</sup> December 2018 (full suspension) and 4<sup>th</sup> January 2019 (part suspension)



*From all of the staff at UNSW Fitness and Aquatic Centre  
we'd like to wish our customers a Happy and Safe  
Holiday Break. We thank you for your patronage and  
look forward to seeing you in 2019*