UNSW SYDNEY | Australia's Global University

Swim Fit 2019

Swim Fit squad has been developed for High School Students who wish to continue swimming but do not want to commit to a set number of sessions. The Squad caters for those participating in school swimming, water polo, surf swimming and those who just wish to maintain a general swimming fitness.

This squad will continue to develop the swimmer's strokes and increase their speed and fitness through a structured training program. Swim Fit is set up to allow you to swim at any of the sessions, ideally to get the greatest benefit the swimmer would swim at least twice a week.

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- 5 available sessions, you may attend any of these sessions without prior notice.
- $49.00 per fortnight on Direct Debit – unlimited sessions per week and access to the pool outside swim fir session times
- 10 Visit pass - $145.00
- 20 Visit pass - $265.00
- Squad swims throughout the school holidays – please check holiday timetables

Recreational Squad Timetable

RECREATIONAL SQUAD PROGRAM		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SWIMFIT	AM	6.00 - 7.00		6.00 - 7.00		6.00 - 7.00
	PM		4.30 - 5.30		4.30 - 5.30	
ADULTS	AM	5.30 - 7.00		5.30 - 7.00		5.30 - 7.00
	PM	6.00 - 7.30		6.00 - 7.30		

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 visit pass or direct debit option.

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.

For further information, please speak to a staff member at reception or call or email the swim school
T: 9385 4881 E: swimschool.unsw@ymcansw.org.au

UNSW SYDNEY Fitness & Aquatic Centre
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