

CLUB SQUAD

LEAD COACH: Paula Di-Nitto **OTHER COACHES:** Jake Golding, Carla Bickerstaffe

SQUAD CRITERIA:

- Swimmers who do not wish to train in a competitive environment.
- Swimmers may still be encouraged to compete when appropriate.
- Swimmers must be under 18 years of age.

AIMS:

- A general fitness and social orientated squad which can lead to Masters swimming aged 18.
- Movement from this squad to a competitive squad is an option given the correct level of commitment.

COMPETITIONS:

- Local Leagues.
- Club Competitions.

EQUIPMENT:

- Hat, Goggles, Drinks bottle, Kick board, Pull buoy, Short fins & Paddles. Any other equipment required will be supplied by the coaches.

TRAINING TIMES:

	AM	PM	Land
Monday		20:00 – 21:30 Queen’s Park	
Tuesday			
Wednesday		19:30 – 21:00 Brookfield	
Thursday		18:15 – 20:00 Brookfield	
Friday			
Saturday			
Sunday		19:45 – 20:45 Queen’s Park	18:45 – 19:30 Queen’s Park

MONTHLY FEES: £25 (for access to one or two fixed swim sessions weekly)

£35 (for access to three fixed swim sessions weekly)

£45 (for access to all four swim sessions weekly)

Information correct as of 7th February 2012.