

## FITNESS MASTERS SQUAD

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

### SQUAD CRITERIA:

- Swimmers aged 18+ whose main focus is fitness.

### AIMS:

- A general fitness and social orientated squad which can lead to Competitive Masters swimming.
- Swimmers may still be encouraged to compete at local Masters competitions.

### COMPETITIONS:

- Local Masters Competitions.
- 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 7<sup>th</sup> February 2012.