



## **Adult – Learn to Swim**

### **Session Times:**

**Please note:** Classes below run during SCHOOL TERM ONLY. We do not run lessons during public holidays, Easter weekends, and Christmas holiday periods)

<b>Adults Learn to Swim Beginner/Technique class</b> <i>Run time: 30 minutes</i>	<b>Monday, Tuesday &amp; Wednesday PM 5:50pm – 6:20pm</b>  <b>Saturday PM 12:10pm – 12:40pm</b>
<b>Adult Squad - Technique/Stamina</b> <i>Run time: 1 hour</i>	<b>Monday &amp; Wednesday PM 6:30pm – 7:30pm</b>  <b>Saturday AM 7:30am – 8:30am</b>

### **Learn to Swim (LTS) – Beginner, Technique**

This class is designed for individuals with little to no swimming experience who are interested in learning or improving their strokes. If you find it challenging to take a breath while swimming or if you would like to learn the Freestyle, Backstroke, Breaststroke, and Butterfly strokes, then this class is perfect for you.

Leisure pool length: 20m

### **Adult Squads**

In this class, you will be required to swim in a 33m lap pool and complete a 200m (6 laps) of continuous lap swimming. If your goal is to improve your endurance, build muscle strength, and enhance your cardiovascular fitness, then this class is ideal for you. **Approximate distance per session:** Adult Squads: Between 1.6km – 2.5km

Main pool length: 33m

### **Price Options**

	<b>Casual Lesson</b>	<b>Upfront Payment – per Term</b>	<b>EziDebit Direct Debit</b>
<b>Adult LTS &amp; Squads</b>	<b>\$25.00</b> <i>1 x Lesson per day, **Booking is required via email or call.</i>	<b>\$215.00</b> <i>1 lesson only – choosing a permanent day.</i>	<b>\$21.50/Week</b> for 1 lesson only - choosing a permanent day.  <b>\$32.25/week – Unlimited Sessions + Unlimited entries to the pool within the school term. See T's &amp; C's: <a href="#">Terms &amp; Conditions - YMCA North</a></b>



## **Tri-Squad Information**

Tri-Squads are triathlete swim squads. It requires a high level of endurance, strength, and technique. Athletes must be able to swim efficiently in our 33m pool. Our aim is to provide you the necessary training to help you achieve your fitness goals.

**Approximate distance per session:** Tri-Squads: Between 3.0km – 4.8km

### **Session Times:**

- **MONDAY, WEDNESDAY and FRIDAY**
  - Morning session: 5:45am – 7:00am & 7:00am – 8:15am
  - Evening session (Mon & Wed ONLY): 6:30pm – 7:45pm
- **SATURDAY AM ONLY:** 7:30am – 9:00am

Please note: **NO SESSIONS** during public holidays, Easter weekends, and Christmas holiday periods.

### **Focuses:**

- Monday – Technique/Endurance/Speed
- Wednesday – Aerobic Endurance/Lactate Tolerance/Threshold
- Friday – Speed/Aerobic Endurance/Strength Building
- Saturday – Our focus is on all, including mixed strokes

<b><u>Price Options</u></b>		
<b>Casual Session</b>	<b>10x Concession card</b>	<b>Direct Debit Weekly</b>
<b>\$18.00/session</b>	<b>\$162.00</b> for 10 pass.  <b>Valid for 6 months</b> <b>upon purchase.</b>	<b><i>\$20.50/Week + \$29 joining fee (one off)</i></b> <i>Unlimited Sessions + Unlimited entries to the pools. <b>Note:</b> 14 days' notice for cancellation or suspension via <b>email</b>.</i> <i>See T's &amp; C's: <a href="#">Terms &amp; Conditions - YMCA North</a></i>