

Timetable

Performance Swim Squads

HIGH PERFORMANCE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am (2 hrs)	50m	50m		50m	50m	
7:00am (2hrs 30min)						50m
3:00pm (30 mins)	Activation Wellness Studio	Activation Wellness Studio	Activation Wellness Studio	Activation Wellness Studio		
3:30pm (2hrs 30min)	50m	50m	50m	50m	50m	

DEVELOPMENT

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am (1hr 30mins)	25	50m	6:30 - 7:30am 50m	25m		
8:00am (1 hr)						50m
3:30pm (30 mins)	Activation Wellness Studio	Activation Wellness Studio	Activation Wellness Studio	Activation Wellness Studio		
4:00pm (1hr 30mins)	50m	50m	50m	25m	3:45 - 4:45pm 50m Skills Session	

PLATINUM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am (1 hr)			50m			
8:00am (1 hr)						50m
4:00pm (1hr 15mins)	25m	25m	25m	4:00-5:30pm 25m		

PASS	COST (All prices include 10% GST)
Casual Squad Pass	\$23.00
10 Visit Squad pool pass	\$180 (3 month expiry)
20 Visit Squad pool pass	\$250.00 (6 month expiry)
UP-FRONT MEMBERSHIPS	Suspension fee \$8.80 Max. 30 days for 3 month membership Max. 90 days for 6 month membership
3 Month Squad (under 16)	\$397.00
3 Month Squad (16 and above)	\$496.00
6 Month (under 16)	\$721.50
6 Month (16 and above)	\$902.00
DIRECT DEBIT MEMBERSHIPS	Suspension fee \$8.80 Max. 90 days every 6 months
Direct Debit Squad (under 16)	\$31.00 p/w (paid fortnightly)
Direct Debit Squad (16 and above)	\$37.60 p/w (paid fortnightly)