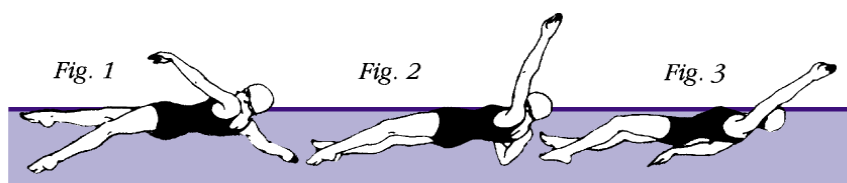


BREWER SWIMMING

willoughby leisure centre

Term 4 Squad Information**Monday 19th October – Saturday 19th December 2009**

Term 3 concludes Friday 2nd October. **Bookings do not roll over from Term 3.** As we are commencing the summer season, there are limited places available. **Please renew your booking, with full payment, by 19th September.** Bookings are now open for new enrolments.

Stingray

Day		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time	am		7.00 - 7.45	7.00 - 7.45*		7.00 - 7.45*	
	pm	4.00 - 4.45	4.00 - 4.45	4.00 - 4.45			
Fees \$189.00	2 x 45 min sessions p/w. Pool entry not included in term fees. * Limited places available for new bookings on Wednesday and Friday mornings.						

Sealion

Day		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time	am		6.45 - 7.45	6.45 - 7.45*		6.45 - 7.45*	
	pm	4.45 - 5.45	4.45 - 5.45	4.45 - 5.45	3.45 - 4.45 4.45 - 5.45		
Fees \$207.00	2 x 60 min sessions p/w. Pool entry not included in term fees. * Limited places available for new bookings on Wednesday and Friday mornings.						

Swordfish and Dolphin

Day		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time	am	5.30 - 7.15	5.30 - 7.15	5.30 - 7.15	6.15 - 7.45 Riverview	5.30 - 7.15	7.00 - 8.30
	pm	5.00 - 7.15 Swordfish	5.00 - 7.15 Swordfish	5.00 - 7.15 Swordfish	5.00 - 7.15 Swordfish	4.00 - 5.15 Swordfish	
		5.00 - 7.15 Dolphins Riverside	5.00 - 7.15 Dolphins WLC	5.00 - 7.15 Dolphins WLC	5.00 - 7.15 Dolphins WLC	5.00 - 7.15 Dolphins WLC	5.15 - 6.30 Dolphins WLC
Fees \$243.00	Min 3 sessions p/w – Swordfish. Min 5 sessions p/w – Dolphins/Sharks. Pool entry not included in term fees. Compulsory dry land training 5.00pm Mon – Thurs with additional term fee \$25.						

Adult Squad

Day		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time	am	5.30 - 7.15	5.30 - 7.15	5.30 - 7.15		5.30 - 7.15	7.00 - 8.30
Fees \$85.00	10 visit pass \$10 per casual swim						
		Please call 1300 363 019 to purchase your 10 visit masters card					

Please visit www.brewerswimming.com.au for term schedules, booking forms and discounted Speedo swim items.

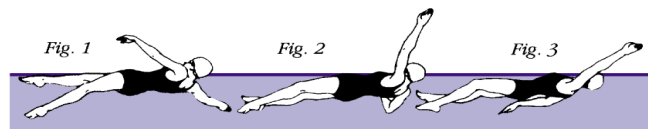
BOOKINGS & ENQUIRIES 1300 363 019

fax: 9420 2395 email: enquiries@brewerswimming.com.au ABN 15 003 256 826

P.O. Box 252, Willoughby 2068

www.brewerswimming.com.au

BREWER SWIMMING



willoughby leisure centre

Squad Information

STINGRAYS must be able to swim 50m freestyle in 50 seconds with good breathing and complete 100m breaststroke and backstroke with confidence. Butterfly drills will be consolidated in this squad and training skills such as reading the pace clock and tumble turns are also introduced. Most of each session will be devoted to more advanced stroke drills emphasising technique and endurance. STINGRAYS swim 2 sessions per week.

SEALION squads swim for 60 minutes, 2-3 times per week. Training sets are introduced for the first time and SEALIONS are expected to have strong and correct technique in all four strokes. Swimmers in this squad should begin racing in swimming club events (if they aren't already!). Racing skills are emphasised in this squad and swimmers are encouraged to increase speed and strength in the water.

SWORDFISH are aiming for competition and more discipline is expected in training. Sets are designed to challenge the swimmers in this squad and only those demonstrating interest in racing should consider this training option. Both sprint and endurance ability are developed in order to prepare for advanced squad swimming. Three to five 90-minute sessions each week are expected and dry land training is introduced at this level.

DOLPHIN swimmers are aiming at competing at the Metropolitan and State level. Qualifying times for these meets are available on the NSW Swimming website and only those demonstrating potential to achieve these times will be accepted into this squad. Competitive swimming must be a priority in this group as many DOLPHINS are aiming for National titles and training sessions are tailored for this level of competition. DOLPHINS must attend a minimum of five training sessions each week. Morning squads are included for these swimmers and Interclub competition is essential.

SHARKS are experienced competitors and are motivated to push themselves to reach their full potential. Up to eleven sessions each week are available for SHARKS, who are required to attend a *minimum of seven*. These swimmers are expected to make competitive swimming a high priority, aiming for success at State and National Championships.

ADULT SQUADS

We specialise in squads for adult swimmers, catering for all levels, from the social to the competitive. Masters sessions cover between 2.5km to 6km. Our tri-athletes enjoy a busy schedule of events and training during the warmer months and many of our Masters swimmers also compete in open water races throughout the summer.

CLUB INFORMATION

Squad swimmers should join the Willoughby Swim Club, which provides the opportunity for racing for the novice through to International standard. The club meets on Friday evenings at Willoughby Leisure Centre, where swimmers can compete to improve their personal best times. For details please see www.willswim.org.au

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