**UPDATED FROM 21st OCTOBER 2019**

**Squad Training Schedule**

**2019 – Term 4**

**(Week 1 - starting Tuesday 8th October 2019)**

**Target Squads**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 5.00 – 7.00am | 5.00 – 7.00am |  | 5.00 – 7.00am | 5.00 – 7.00am | 7.00 – 9.00am |
| 4:45 – 6:45pm | 4:45 – 6:45pm | 4:45 – 6:45pm | 4:45 – 6:45pm | 4:45 – 6:45pm |  |

**Athlete**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 5.00 – 6:30am | 5.00 – 6:30am |  | 5.00 – 6:30am | 5.00 – 6:30am | 7.00 to 8:30am |
| 4:45 – 6:15pm | 4:45 – 6:15pm | 4:45 – 6:15pm | 4:45 – 6:15pm | 4:45 – 6:15pm |  |

**Junior**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 5.00 - 6.30am |  | 6.00 – 7.30am |  | 6.00 – 7.30am | 7.00 - 8.30am |
| 4:45 – 6.15pm | 4:45 – 6.15pm | 4:45 – 6.15pm | 4:45 – 6.15pm | 4:45 – 6.15pm |  |

**Gold**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  | 6:30 – 8.00am |  | 6:30 – 8.00am | 7.00 - 8.30am |
| 3:45 – 4.45pm | 3:45 – 4.45pm | 3:45 – 4.45pm | 3:45 – 4.45pm | 3:45 – 4.45pm |  |

**Silver**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  | 6.30 – 7.30am |  | 8:30 – 9:30am |
| 4:00 – 4:45pm | 3:15 – 4:00pm | 3:15 – 4:00pm | 4:00 – 4:45pm |  |  |

**Bronze**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  | 6.30 – 7.30am |  | 8:30 – 9:30am |
| 3:15 – 4:00pm | 4:00 – 4:45pm | 4:00 – 4:45pm | 3:15 – 4:00pm |  |  |

**Fitness**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 8:30 – 9:30am |  | 8:30 – 9:30am |  | 8:30 – 9:30am |  |
|  |  |  |  |  |  |

**BRONZE / SILVER SQUADS**

Squad payments are per term only.

**10 WEEK BLOCK**

$145.00 1 x swim session per week

$220.00 2 x swim sessions per week

Bronze / Silver squad bookings must book specific days each week due to restricted group sizes to ensure each swimmer receives personal attention to assist with their technique.

**GOLD SQUAD**

Squad payments are per term only. Gold squad does not require you to book specific days.

**10 WEEK BLOCK**

$145.00 1 x swim session per week

$220.00 2 x swim sessions per week

$265.00 Unlimited sessions per week

**JUNIOR / ATHLETE / STATE & NATIONAL TARGET SQUADS**

**THESE SQUADS ARE DIRECT DEBIT ONLY**

National Target and State Target (per week) Athlete and Junior (per week)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Sessions | Direct Debit |  | Sessions | Direct Debit |
| Unlimited | $35.99 |  | 1 | $12.99 |
|  |  |  | 2 | $18.99 |
| CASH ONLY |  |  | 3 | $24.99 |
| Unlimited | $150.00 |  | 4 | $28.99 |
| Payable on 1st of each month | |  | 5 | $32.99 |
|  |  |  | Unlimited | $35.99 |

The direct debit will be set up with FFA Paysmart with a one off set up fee of $5.50 and weekly direct debit from your nominated account. Account set-up is by completion of a direct deposit form that can be collected (along with more detailed information) from the kiosk.

**FITNESS SQUAD**

Casual Adult $13.00 per session

Concession $11.00 per session (including students)

10 pass Adult $108.00 (3-month expiry)

Concession $95.00 (3 month expiry)

MCHS Students Term entry $205.00 (includes school holidays)

Term 3 15th March to 6th October 2019