

Tamworth City Swimming Club

Shark Alert: TCSC are back in the Pool



DEVELOPMENT SQUADS:

- **A SQUAD: 2 sessions a week (60mins)**

Designed for a first introduction to formal swimming instruction. Swimmers learn to dive; float and swim with focus on body position.

- **B SQUAD: 2 sessions a week (60mins)**

Designed for children who have had some prior swimming instruction. This squad will build on the foundational skills and technique in a squad environment.

COMPETITIVE SQUADS:

- **Junior SQUAD: 5 sessions a week (2hrs)**

Reinforce skills and technique within a more rigorous training programme

- **Senior SQUAD: 6 sessions a week (2hrs)**

Let's get serious! Show up to training everyday. Focus on the training tasks, through training sessions and competition, learn to persevere, make a sustained effort, planning.

Training Times

A SQUAD MONDAY & THURSDAY
3:30pm-4:30pm

B SQUAD TUESDAY & FRIDAY
3:30pm-4:30pm

JUNIOR SQUAD MONDAY, TUESDAY,
THURSDAY, FRIDAY:
4:30-6:30pm
SATURDAY 7-9am

SENIOR SQUAD MONDAY – FRIDAY:
5:30 - 7:30am
SATURDAY: 7:00-9:00am



WEST S
ENTERTAINMENT GROUP

Sharks Term 3 – Winter Training Fees:

10 Weeks Program - Monday 13 July - Friday 25 September 2020

- Development Squad A & B: \$50.00
- Junior Squad: \$80.00
- Senior Squad: \$100.00

Contacts:

TCSC Coach – **Nicolas Monet** – 0434 805 957 CALL NOW TO BOOK A SPACE.

360 Fitness Club: <https://www.360fitnessclub.com.au> - 02 6762 3639

Check out the Tamworth City Swimming Club Facebook page for latest Information



TERM 3
Winter 2020
Register NOW!

