



Clem Jones Centre Swim Squad Program

**1<sup>st</sup> July – 13<sup>th</sup> September 2020**

For full squad information please visit: [www.clemjonescentre.com.au/squads](http://www.clemjonescentre.com.au/squads)

For Carina Leagues CJ's Swim Club current information, please visit: [www.carinaleaguescjsc.com.au](http://www.carinaleaguescjsc.com.au)

Squad	Cost (Monthly)	Times
Junior Squad	\$75.00	<b>Monday to Friday</b> 4.00pm to 5.00pm
Intermediate Squad	\$110.00  *Saturday Recommencing 11 <sup>th</sup> July	<b>Monday to Friday</b> 3.30pm to 5.00pm  <b>*Saturday</b> 6.00am to 7.45am (Talk to Brian/Josh)
Senior Squad	\$140.00  <b>*JULY</b> Tuesday/Saturday Mornings  <b>*AUGUST</b> Tue/Thu/Sat Mornings	<b>Monday to Friday</b> 4.00pm to 6.00pm  <b>*Tuesday &amp; Thursday</b> 5.15am to 7.00am Gym/Swim  <b>Saturday</b> 6.00am to 9.00am Swim/Gym

**NOTES:**

1. Senior Squad fees include access to the Gymnasium facility for supervised programs by coaching staff. Children < 14 are restricted to cardio and bodyweight activities (no free or pinned weights).
2. Senior Squad members can access Gym outside normal training times (must be discussed with Head Coach).
3. Free lockers are provided for squad members who train frequently. Children are encouraged to use these lockers for storage of swim bags or school needs.
4. Any squad or fee enquiries should be directed to Brian Glass (Head Coach) by email: [brian@clemjonescentre.com.au](mailto:brian@clemjonescentre.com.au) or mobile 0433 427589 (during normal business hours please)