



Clem Jones Centre Swim Squad Program

As at 14th September 2020

For full squad information please visit: www.clemjonescentre.com.au/squads

For Carina Leagues CJ's Swim Club current information, please visit: www.carinaleaguescjsc.com.au

Squad	Cost (Monthly)	Times
Junior Squad	\$75.00	Monday to Friday 3.30pm to 4.30pm 4.30pm to 5.30pm
Intermediate Squad	\$110.00	Monday to Friday 3.30pm to 5.00pm Tuesday & Thursday 5.30am to 7:00am Saturday 6.00am to 7.45am
Senior Squad (3 Supervised Gym Sessions are included in this price)	\$140.00	Monday to Thursday 4.15pm to 6.30pm Friday 4.15pm to 6.00pm Tuesday & Thursday 5.15am to 7.00am Saturday 6.00am to 9.00am

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 or mobile 0433 427589 (during normal business hours please)