

# Clem Jones Centre

## ADULT SWIMMING

Squad	Cost (Monthly)	Days & Times
Previously known as Adult Squad	\$60	Monday & Friday 5.30am – 7.00am

We have not had an official Adult Squad since resuming after the COVID enforced break.

Unfortunately, we have decided not to have a formally structured Adult Squad but if you are a competent swimmer you are welcome to join our Triathlon Group on a Monday and Friday morning from 5.30am.

Sessions will be planned by our Head Triathlon Coach over the season to include Speed, Aerobic and Heart Rate sets.

All enquiries should be directed to Rob Foxley-Conolly (Head Triathlon Coach) [coach.cltc@yahoo.com](mailto:coach.cltc@yahoo.com)