

Begins Friday 8th October
Runs fortnightly through
Term 4 2021
& Term 1 2022

CARINA LEAGUES CJ'S

FRIDAY NIGHT

SWIMMING CLUB 2021/22



WHAT CAN YOU GAIN?

- RACE PRACTICE FOR SCHOOL CARNIVALS
- CONFIDENCE IN A 50 METRE POOL
- PATHWAYS TO COMPETITIVE SWIMMING
- BE APART OF A FUN & FRIENDLY ENVIRONMENT

MEMBERSHIP INCLUDES

- 10 FRIDAY CLUB NIGHTS (dates on back)
- ELIGIBLE FOR BRISBANE AND QLD SWIM MEETS
- ENTRY INTO CLUB CHAMPIONSHIPS
- INVITATION TO CLUB PRESENTATION DAY

PRICES

- 8 and UNDER \$95
- 9 and OVER \$125

SAUSAGE SIZZLE AND DRINKS AVAILABLE AT EACH CLUB NIGHT!!!

INTERESTED IN JOINING?

HEAD TO OUR WEBSITE AND
CLICK 'JOIN CJ'S'

carinaleaguescjssc.com.au

ALL NEW MEMBERS RECEIVE A
FREE CLUB SWIM CAP
WITH REGISTRATION!!!

NEED MORE INFORMATION
CONTACT HEAD COACH BRIAN GLASS
brian@clemjonescentre.com.au



CLUB NIGHT SCHEDULE 2021/22

Arrive 6:15pm for a 6:30pm start

DATE	STROKES (12.5m, 25m & 50m)			HAVE A GO
8 th October 2021	FREESTYLE	BREASTSTROKE	BACKSTROKE	100m FREE
22 nd October 2021	BACKSTROKE	FREESTYLE	BUTTERFLY	100m BREAST
5 th November 2021	BREASTSTROKE	BUTTERFLY	FREESTYLE	100m BACK
19 th November 2021	FREESTYLE	BACKSTROKE	BREASTSTROKE	100m IM
3 rd December 2021	BACKSTROKE	FREESTYLE	BUTTERFLY	RELAYS
CHRISTMAS BREAK				
28 th January 2022	BREASTSTROKE	BUTTERFLY	FREESTYLE	100m FREE
11 th February 2022	FREESTYLE	BREASTSTROKE	BACKSTROKE	100m BREAST
25 th February 2022	BACKSTROKE	FREESTYLE	BUTTERFLY	100m BACK
11 th March 2022	BREASTSTROKE	BUTTERFLY	FREESTYLE	100m IM
25 th March 2022	FREESTYLE	BACKSTROKE	BREASTSTROKE	TBA
CLUB CHAMPIONSHIPS – TBA				