



# Swim Squads

Version 2 - 27<sup>th</sup> October 2011

## WCLC Swim Squads

Welcome to Wollondilly Leisure Centres Swim Squad Program.

WCLC is approaching swim squad with a view to keeping it as simple as possible and having a smooth transition from the 'old' squad to our new 'in-house' program. Our emphasis is on providing a relaxed atmosphere for squad & helping everyone enjoy their swimming.

Swim squad is a separate program from Picton Swimming Club & participation in the squad program is at the discretion of WCLC staff. We encourage swimmers to join club, but it's not compulsory.

*Further policies including a code of conduct for swimmers, staff and parents will be forthcoming.*

### Contacts:

**For squad training enquiries** - Speak to your coach

**For accounts and memberships** – Speak to customer service staff (Dale or James)

**Centre Phone:** 4677 1251

**Centre Email:** via our website

### Website:

[www.wclc.com.au/swimming/swimming-squad/](http://www.wclc.com.au/swimming/swimming-squad/) or follow the links under 'swimming'

Also check the 'Blog' section and our facebook page for news and updates

### Squad Times – From 31<sup>st</sup> October 2011

Gold Squad	Mon	Tue	Wed	Thu	Fri	Sat
AM	5:15-7:15	5:15-7:15		5:15-7:15		7:15-9:15
PM		4:30-6:15		4:30-6:15		

#### Gold & Junior Gold Combined Sessions – dark orange

Fitness Squad	Mon	Tue	Wed	Thu	Fri	Sat
AM	5:15-7:15					7:15-9:00
PM		6:15-7:30		6:15-7:30		

Silver Squad	Mon	Tue	Wed	Thu	Fri	Sat
AM						7:15-9:00
PM	4:30-6:00	4:30-6:00		4:30-6:00	4:30-6:00	

Bronze Squad	Mon	Tue	Wed	Thu	Fri	Sat
AM						
PM	3:45-4:30	3:45-4:30		3:45-4:30	3:45-4:30	

**Note:** 5:15am / 7:15am arrive for a 5:30am / 7:30am in the water start

### Squad Fees – From 31<sup>st</sup> October 2011

New Squad Fees	Casual	Fortnightly*	3 Month Term	Maximum Sessions
Gold / Jnr Gold	\$10	\$60	\$390.00	6 / wk
Silver / Snr Silver	\$10	\$55	\$357.50	5 / wk
Bronze	\$10	\$50	\$325.00	4 / wk
Fitness	\$10	\$55	TBC	4 / wk

\*Fortnightly is via automatic debit from a bank or credit card account

## General Pricing FAQ's

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### Pool Entry

We don't charge pool entry for any of our programs. Please try and get into the mindset that you are now participating in a WCLC program just like Aqua Aerobics or Learn to Swim (LTS). You simply pay a program fee.

### Spectators

In line with our LTS program, your squad fee includes 2x non-swimming spectators

### Swim Club Pool Entry

For membership holders it's included – just scan your card at reception

For casual payers – it's \$3, unless you are already here for Friday afternoon squad, then its included

### Some School Sport Events

Some school sport events such as swimming carnivals are not included in your pool pass. We do not charge the schools a booking fee for exclusive use (as other pools do).

#### **Examples of free school activities are:**

- General Swimming Sport & PE
- General Stadium Sport

*Note: Your school may elect to charge you regardless, this is the school's choice*

#### **Not Included are:**

- Carnivals
- DEP Education Swimming Scheme
- Any exclusive activity or activity that requires a WCLC staff member to supervise & coordinate the activity – eg: gym

### Current Memberships and Family Memberships

You no longer need a separate pool entry membership or visit pass – these will be cancelled once you complete a new membership form. *For family members – speak to James or Dale at reception*

### Suspending your fortnightly & 3 month memberships

If you go on holidays, are sick, injured or just wish to take a break from squad for a period of 1 week or more – you can suspend your membership for up to 60 days total each year (resets in October).

- There will be \$0 suspension fee (some membership form had 25c / day in the fineprint, but this is incorrect for squad memberships)
- Fortnightly suspensions – payment is adjusted depending on where your break falls in the FN
- 3 month suspensions – your expiry date is simply extended

### Christmas and Holiday Breaks

There are likely to be some periods with no squad (state carnivals etc).

We will simply suspend your membership during these times.

### Pool and Gym Access when suspended

- There is no Pool or Gym Access when your membership is suspended

### Notification to Suspend

- 14 days notice
- Complete a suspension form

### Notification to Cancel

- 30 days notice
- Complete a cancellation form
- You can still visit during the notification period (but you can't suspend)

### Income Split

Wollondilly Council receive 10% of all program fees as part of their management contract. LMS operate the program on the remaining NET receipts after tax.

## Gold & Junior Gold Squads

### Squad Times – From 31<sup>st</sup> October 2011

Gold Squad	Mon	Tue	Wed	Thu	Fri	Sat
AM	5:15-7:15	5:15-7:15		5:15-7:15		7:15-9:15
PM		4:30-6:15		4:30-6:15		

**Gold & Junior Gold Combined Sessions – dark orange**

### Squad Fees – From 31<sup>st</sup> October 2011

New Squad Fees	Casual	Fortnightly*	3 Month Term	Maximum Sessions Each Week~
Price	\$10	\$60	\$390.00	6 / wk~

\*Fortnightly is via automatic debit from a bank or credit card account

~Note: Two additional sessions can be swum with silver squad on Monday and Friday afternoons.

Just note that you must follow the silver squad 'set' on these days.

#### Casual

If you only wish to swim every now and again, this is the best option.

Simply pay \$10 at reception each time you visit.

- No dryland / gym access if you pay casually

#### Fortnightly

If you are a regular swimmer who also wants unlimited access to the gym & fitness classes, this is the membership for you. \$60 a Fortnight is via automatic debit from a bank or credit card account.

Remember to suspend your membership when you go on holidays!

See the [Dryland](#) information below for more gym access details.

#### 3 Month Term

If you are a regular swimmer who also wants unlimited access to the gym & fitness classes, but do not wish to pay via automatic debit this is the membership for you.

\$390 for 3 months (6 ½ fortnights) is payable at reception.

Remember to suspend your membership when you go on holidays!

See the [Dryland](#) information below for more gym access details.

### Dryland Sessions – From 31<sup>st</sup> October 2011

Unlimited gym, swim & squad access anytime if you have a fortnightly or 3 month membership!

#### Here's what you need to do to get Unlimited access to the Gym & Pool

- ✓ Take out a fortnightly direct debit membership or 3 month term membership
- ✓ Scan your card each time you visit
- ✓ Access all group fitness classes
- ✓ Access to the gym at anytime
- ✓ Access to the pool at anytime
- ✓ Up to 6 Gold Squad Sessions a week

Session Times	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Gold Squad Members	Access to the gym at anytime! Follow the coaches program or the Gym staff can create one for you						

## Fitness Squads

### Squad Times – From 31<sup>st</sup> October 2011

Fitness Squad	Mon	Tue	Wed	Thu	Fri	Sat
AM	5:15-7:15					7:15-9:00
PM		6:15-7:30		6:15-7:30		

### Squad Fees – From 31<sup>st</sup> October 2011

New Squad Fees	Casual	Fortnightly*	Pool / Gym Member 10 Visit Squad Pass	Maximum Sessions Each Week
Price	\$10	\$55	\$75.00	4 / wk

\*Fortnightly is via automatic debit from a bank or credit card account

#### Casual

If you only wish to swim every now and again, this is the best option. Simply pay \$10 at reception each time you visit.

- No dryland / gym access if you pay casually

#### Fortnightly

If you are a regular swimmer who also wants unlimited access to the gym & fitness classes, this is the membership for you. \$55 a fortnight is via automatic debit from a bank or credit card account. Remember to suspend your membership when you go on holidays!

See the [Dryland](#) information below for more gym access details.

#### Pool / Gym Member 10 Visit Squad Pass

If you **currently hold a swimming or gym membership** and wish to swim reasonably regularly, this may be the best choice. \$75 for 10 visits, you simply have the receptionist scan your card and 1 squad visit is deducted each time. It's a great option if you need to miss a week or two as you're not out of pocket

**To be eligible for a \$75 Fitness Squad Visit Pass, you must:**

- ✓ Take out a separate Swimming or Gym Membership

### Dryland Sessions – From 31<sup>st</sup> October 2011

Unlimited gym, swim & squad access anytime if you have a fortnightly membership!

#### Here's what you need to do to get Unlimited access to the Gym & Pool

- ✓ Take out a \$55 per fortnight direct debit membership
- ✓ Scan your card each time you visit
- ✓ Access to all group fitness classes
- ✓ Access to the gym at anytime
- ✓ Access to the pool at anytime
- ✓ Up to 4 Fitness Squad Sessions a week

Session Times	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fortnightly Members	Access to the gym at anytime! Follow the coaches program or the Gym staff can create one for you						

## Silver Squads

### Squad Times – From 31<sup>st</sup> October 2011

Silver Squad	Mon	Tue	Wed	Thu	Fri	Sat
AM						7:15-9:00
PM	4:30-6:00	4:30-6:00		4:30-6:00	4:30-6:00	

### Squad Fees – From 31<sup>st</sup> October 2011

New Squad Fees	Casual	Fortnightly*	3 Month Term	Maximum Sessions Each Week
Price	\$10	\$55	\$357.50	5

\*Fortnightly is via automatic debit from a bank or credit card account

#### Casual

If you only wish to swim every now and again, this is the best option.

Simply pay \$10 at reception each time you visit.

- No dryland / gym access if you pay casually

#### Fortnightly

If you are a regular swimmer who also wants access to the pool outside of squad times, this is the membership for you. \$55 a Fortnight is via automatic debit from a bank or credit card account. Remember to suspend your membership when you go on holidays!

See the [Dryland](#) information below for more gym access details.

#### 3 Month Term

If you are a regular swimmer who also wants access to the pool outside of squad times, but do not wish to pay via automatic debit this is the membership for you.

\$357.50 for 3 months (6 ½ fortnights) is payable at reception.

Remember to suspend your membership when you go on holidays!

See the [Dryland](#) information below for more gym access details.

### Dryland Sessions – From 31<sup>st</sup> October 2011

We have two dedicated dryland training times for Silver Squad swimmers:

Tuesday Evenings – Join in Our Group Fitness Class of the month

Thursday Afternoons – Complete your strength program in the gym (before or instead of squad)

#### Here's what you need to do to get access to the Dryland Sessions

- ✓ Take out a fortnightly direct debit membership or 3 month term membership
- ✓ Or pay the \$10 casual fee for that day (gets squad + dryland for that day)
- ✓ Scan your card each time you visit

Session Times	Mon	Tue	Wed	Thu	Fri	Sat
Silver Squad Members		6:00-7:00pm Group Fitness Class		3:00-6:00pm Gym & Strength		

## Bronze Squads

### Squad Times – From 31<sup>st</sup> October 2011

Bronze Squad	Mon	Tue	Wed	Thu	Fri	Sat
AM						
PM	3:45-4:30	3:45-4:30		3:45-4:30	3:45-4:30	

### Squad Fees – From 31<sup>st</sup> October 2011

New Squad Fees	Casual	Fortnightly*	3 Month Term	Maximum Sessions Each Week
Price	\$10	\$50	\$325.00	4

\*Fortnightly is via automatic debit from a bank or credit card account

#### Casual

If you only wish to swim every now and again, this is the best option. Simply pay \$10 at reception each time you visit.

#### Fortnightly

If you are a regular swimmer who also wants access to the pool outside of squad times, this is the membership for you. \$50 a Fortnight is via automatic debit from a bank or credit card account. Remember to suspend your membership when you go on holidays!

#### 3 Month Term

If you are a regular swimmer who also wants access to the pool outside of squad times, but do not wish to pay via automatic debit this is the membership for you. \$325 for 3 months (6 ½ fortnights) is payable at reception. Remember to suspend your membership when you go on holidays!

### Dryland Sessions – From 31<sup>st</sup> October 2011

There are no dedicated dryland sessions for bronze squad.

### After School Sports – For primary school aged kids

As there are no dedicated dryland sessions for bronze squad we are giving you access to our After School Sports Program. See the posters and information at reception on what sports we currently offer + be on the lookout for more coming soon.

#### Here's what you need to do to get access to After School Sports

- ✓ Take out a fortnightly direct debit membership or 3 month term membership
- ✓ Or pay the \$10 casual fee for that day's Sports Activity
- ✓ Scan your card each time you visit

Sports Times	Mon	Tue	Wed	Thu	Fri	Sat
Bronze Squad Members			4:00-5:00pm Water Polo Starts soon		4:00-5:00pm Multi Sports	