

***Ladies*
Adult Swimming
Classes**

All levels welcome. We cater for
Beginners to Advanced swimmers.

Morning Sessions Only

**Mon, Tues, Thurs
8:10am to 9:00am**

A combination of swimming and aqua
fitness to suit all ladies at any level.

**\$10 per session
Or
11 sessions for \$100**

Only in term 4 '09 & Term 1 '10

Adult Squads will run as per
Snr Squad session times

\$80 per month
-unlimited sessions.
Or

\$102 for X1 swim/ week /Term 4

**CHRISTMAS /NEW YEAR
SCHOOL HOLIDAY
PROGRAMS**

During the Christmas/New Year school
Holidays an Intensive swim program
will be run.

Week 1 – Monday, 14th December -
Friday, 18th December 09

Week 2 – Monday, 28th December –
Friday, 1st January 10

Week 3 – Monday, 4th January –
Friday, 8th January 10

Week 4 – Monday, 11th January –
Friday, 15th January

Week 5 – Monday, 18th January –
Friday 22nd January

Swimmers will attend sessions at the same time
each day, in the mornings, Monday to Friday.

LTS - 1 week intensive - \$60
Mini - 1 week intensive - \$55
Squads - 1 week intensive - \$50 **OR**

**Squads Monthly rate includes holiday
programs, AM squad sessions at the
same time. PM Squad sessions:**

MINI 3:00 to 3:45pm **JNR** 3:30 to 4:30pm

SNR 4:00 to 5:30pm



*Ithaca Creek State School Pool
Dacca St, Red Hill*

Term 4 - 2009
Monday 5th October
To
Friday 11th December

Heated Pool
All year round coaching

Phone: 3369 6079
After hours: 0439 075 442

Head Coach
CAROL ANDERSON

We Coach, We Encourage, We Care

TERM 4 COACHING PROGRAM 2009

Learn-to-Swim

Varies from absolute beginner up to being able to swim 25 metres correct freestyle and 12.5m of correct backstroke. The basics of breaststroke and butterfly kick are also taught.

Mon-	3:45pm-to 4:45pm
Tues	3:15pm to 4:45pm
Wed	3:15pm to 4:45pm
Thurs	3:15pm to 4:45pm
Sat	8:30am to 10:30am

Mini Squad

The swimmer should be able to swim 25m freestyle, 12.5m backstroke and 12.5m of breaststroke kick, to a standard that is considered acceptable by the Head Coach.

Objectives: Learn butterfly, breaststroke and improve on all strokes up to a basic squad level.

Mon - Thurs	3:45pm to 4:30pm
Saturday	9:00am to 9:45am

****ALL SWIMMERS REQUIRE A CAP****

We have goggles, caps, Swimming Togs available for purchase at the canteen and orders for Swimming Club shirts can also be made.

Junior Squad

The swimmer should have a good command of all four strokes and be able to swim up to 60 minutes at any one time. Acceptance into this level will require the permission of the Head Coach.

Objectives: to improve fitness and help swimmer prepare for club competition.

Morning sessions

Mon, Tues, Thurs, Fri	7:00am to 8:00am
Saturday	8:00am to 9:00am

Afternoon Sessions

Mon, Tues, Wed, & Thurs	4:30pm to 5:30pm
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Senior Squad

This level of squad is for club competition swimmers to National Level swimmers and also those wishing to remain fit and improve their stroke. Acceptance into this level will require the permission of the Head Coach.

Morning sessions

Mon, Tues, Thurs & Fri	5:30am to 7:00am
Saturday	7:00am to 8:30am

Afternoon Sessions

Mon, Tues, Wed, & Thurs	5:30pm to 7:00pm
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You will be notified of any changes to session times. Adult sessions are the same as SNR squad times.

FREE ASSESSMENTS are conducted by the senior coaching staff for all new swimmers. Swimmers will only be booked into levels once this assessment has been completed.

Term 4, 2009: 8th October – 11th December 09

	1 session/wk	2 sessions/wk	3+ sessions/wk
Learn-to-swim	\$107	\$214	\$321
MINI	\$102	\$191	\$306

Junior squad - \$70 a month unlimited sessions

Senior/Adult squad - \$80 a month unlimited sessions

PAYMENTS:

Full payment is required when booking. No coaching will take place before payment is made.

Insurance requirements are that all swimmers must be financial members of Ithaca Creek Swimming Club. Club membership runs for 12 months from 1st September each year. Winter membership is \$25 per swimmer for terms 2&3 only.

PAYMENT BY EFT, CASH OR CHEQUE

Please make cheques payable to "Ithaca Creek Swimming Club".

Bookings and payments are to be made either:

- with our Head Coach, Carol Anderson at the pool, Dacca Street, Red Hill;
- by phone to the pool on 3369 6079 or 0439 075 442 or
- by mail to PO Box 673 Ashgrove, Qld 4060 (payments only).

No refunds once lessons have begun.