BOND SWIMMING

BOND UNIVERSITY SPORTS CENTRE

SQUAD LEVELS

Private/Semi Private/ Small Group Lesson

For those that require individual attention we have lessons to suit your needs. Our coaches will assist you in achieving your individual goals. All abilities are catered for.
Private – One on one Semi Private – 2 swimmers Small Group – 3 or 4 swimmers

Mini Squad

The mini squad provides an introduction to structured swim training with the use of familiarisation activities. It is aimed at children who show the desire and ability to participate in competitive or recreational swim training. The squad will develop the basic skills necessary to make a successful transition from a learn to swim program to squad training.

Junior Squad

The focus of the junior squad is to provide competitive or recreational swimmers with further development of squad training skills and technique with an increase in physical conditioning. An introduction to racing skills is also an element of this squad.

Development Squad

The training objective for the age group squad includes skill development, race specific training preparation for competition. Swimmers in this squad are required to compete on a regular basis for the Bond University Swimming Club and aim to reach State and National Age and open level.

Age Group Squad

The training objective for the age group squad includes skill development, race specific training preparation for competition. Swimmers in this squad are required to compete on a regular basis for the Bond University Swimming Club and aim to reach State and National Age and open level.
The Head Coach must approve entry into this squad.

Elite Squad

The Elite Squad is aimed at swimmers who have the desire to pursue swimming competitively and have achieved a high level of competence. Swimmers are trained according to their specific needs and a more personalised program is developed for each individual to achieve their goals. ***The Head Coach must approve entry into this squad.***

HOW TO BECOME A BOND SWIMMING SQUAD MEMBER?

All new squad swimmers are required to attend a swimming assessment with a coach prior to participating in a squad session. This enables swimmers to be placed in a squad that is appropriate to their swimming ability.
Bookings are essential.

Please contact:
Kristi Davey
Ph: 5595 5045 Email: kdavey@bond.edu.au

Swimming Assessment Cost

Child <13yrs - $3 Adult - $5.00

WINTER TIMETABLE

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.15am – 7.15am	Elite Squad	Elite Squad	Elite Squad	Elite Squad	Elite Squad	6am – 8am Elite Squad
7.30am - 8.30am	Swimming for Fitness (Beginners – Intermediate)			Swimming for Fitness (Beginners – Intermediate)		6am – 8am Age Group Squad
						8am – 9.15am Junior Squad
3.15pm – 3.45pm	Small Group		Small Group			8am – 9.15am Development Squad
4.00pm - 5.15pm	Junior Squad	Mini Squad 4.00pm – 5.00pm	Junior Squad	Mini Squad 4.00pm – 5.00pm	Junior Squad	Mini Squad 9.15am – 10.15am
4.00pm – 5.45pm	Development Squad	Development Squad	Development Squad	Development Squad	Development Squad	Small Group 10.15am – 10.45am
4.00pm – 6.00pm	Age Group Squad	Age Group Squad	Age Group Squad	Age Group Squad	Age Group Squad	
5.00pm – 6.00pm		Swimming for Fitness (Junior)				
5.30pm – 7.00pm		Swimming for Fitness (Intermediate – Advanced)		Swimming for Fitness (Intermediate – Advanced)		

PAYMENT & PRICING

Small Group/Mini Squad/Junior Squad

These squads are a ***term payment*** and there four terms per year. The dates and prices for each term will be provided in advance. Generally the terms will be either 10 or 11 weeks in duration. ***Bookings are essential.***

Swimming will continue all year round including school holidays, but the payment and bookings for school holidays will be separated from the term payments. Prices and dates will be given to parents in advance and a booking will be required for school holidays.

Prices

Term 3

Monday 11th July until ***Saturday 17th September*** (10 weeks).

Swimmers will have the option of:
1 session per week – $110*
2 sessions per week – $200*
3 sessions per week – $260*
4 sessions per week - $320*

*All prices include pool entry

Please note:
There will be no swimming on Friday 2nd September for the Gold Coast Show Day Public Holiday.

ATTENTION: ***Payment for Small Group, Mini Squad and Junior Squad enrolments are to be made through Kristi Davey – Bond Swimming Administrator ONLY.***

PAYMENT & PRICING

Development Squad/Age Group Squad/Elite Squad

Development Squad

(16 years & under)
$100 per month (unlimited entry to Development Squad sessions)
This includes pool entry & access to the pool outside of squad swimming sessions.

Age Group Squad

(16 years & under)
$145 per month (unlimited entry to Age Group Squad sessions)
This includes pool entry & access to the pool outside of squad swimming sessions.

Elite Squad

$160 per month (unlimited entry to Elite Squad sessions)
Sports Centre Members - $145
Bond Uni Students with SAM - $130
This includes pool entry & access to the pool outside of squad swimming sessions.

DISCOUNT FOR FAMILIES
A discount of 20% will be given to the 3rd swimmer within a family. (Please note: This discount does not include Swimming for Fitness payments).

(Please note: Children <13 years must be accompanied by an adult if swimming outside of squad swimming times).

ENROLMENT & ATTENDANCE

Small Group/Mini Squad Junior Squad

Complete and return a Squad Swimming Enrolment form and a medical form on their initial enrolment (available from Sports Centre reception desk).

There will be an attendance sheet located on the front reception desk please tick beside your name prior to entering the pool area.

As there is a limit of 8 children in each group it is bookings are essential and are required to be completed prior to the commencement of each term.

Development Squad/Age Group Squad/Elite Squad

All new members are required to fill out a Bond Swimming Membership application card on their initial monthly payment at the front reception desk.

A sign in sheet will be located on the front counter at the reception desk and squad members are required to sign beside their name on the day/s that they attend the squad session (Boys – blue sheet, Girls – pink sheet).

The sheet will be highlighted in **RED** on the day that the squad membership expires and payment is due on this date.

SWIMMING FOR FITNESS

Junior <15 years

This class is designed for younger swimmers that would like to keep fit and further develop their swimming technique and physical conditioning. All swimmers must have a general level of fitness and also possess water safety and water confidence. This is not a learn to swim class and is completely separate from our Squad Swimming program. (Please note this class does not run throughout the school holidays).

Beginners to Intermediate 15 years +

This class is designed for swimmers that would like to keep fit and further develop their swimming technique and physical conditioning. A general level of fitness is recommended.
Length of session - 1 hour to 1 hour 15mins
Requirements: Can perform freestyle continuously
Ability to swim up to 2.5km

Intermediate - Advanced 15years +

The focus of this class is to provide swimmers from all backgrounds with the highest level of fitness. Technique, endurance and pace are the main concentration.
Length of session: 1 hour to 1 hour 30mins
Requirements: Ability to swim beyond 2.5km and up to 4km
Competent in freestyle

PAYMENT OPTIONS

Number of visits	Non-Members	Members/Students
Casual Visit	$11 per session	$8 per session
10 visit pass	$100	$70
20 visit pass	$160	$120

All prices include pool entry and there is no expiry date for the 10 & 20 visit passes.
Swimming for Fitness participants will be issued with a 10 visit or 20 visit pass which will be clicked off on each visit.

PRIVATE & SEMI PRIVATE LESSONS

Children & Adults

For those that require individual attention we have lessons to suit your needs. Our coaches will assist you in achieving your individual goals. All abilities are catered for.

Private - One on one Semi Private - 2 swimmers

An Assessment and booking is required before participating in a private or semi private lesson.

Prices

All sessions are ½ hour in duration.

	Private *1 on 1 instruction*	**Semi Private** *2 people per lesson*
SAM Students & Children <13years	$35 per lesson 5 pack - $175	$55 per lesson 5 pack - $275
Adults/Members/Staff	$40 per lesson 5 pack - $200	$70 per lesson 5 pack - $300

BOND SWIMMING CLUB

The 2010/11 swimming season has commenced and we are currently looking for swimmers to represent the Bond Swimming Club at various competitions.

In our infancy we will endeavour to support our members via subsidies through surplus funds (if any) and fundraising activities. As our Club grows our focus will be on supporting our swimmers to the best of our financial ability. Subsidies for travel associated with competition along with general support for swimmers will be a club priority.

To enable the Bond Swimming Club to become a successful and competitive club we require the support and help of parents and friends. If you would like to volunteer your help in any way, big or small, please contact the club or speak to the coaches.

Club Membership

Membership includes:

- Registration with Gold Coast Swimming Association
- Registration with Swimming Queensland
- Registration with Swimming Australia
- Comprehensive insurance under Swimming Queensland
- Bond Swimming Club cap
- Club calendar

Membership Prices

	COST		
MEMBERSHIP TYPE	**1st & 2nd swimmers**	**3rd swimmer**	**4th swimmer**
Active Swimmer	$90	$75	$60
Recreational Swimmer	$75	$60	$45

Payment by cash or cheque is required.

Active Swimmer - a member who may compete in all Swimming Queensland sanctioned events

Recreational Swimmer - a member who may swim within his/her club only eg club nights

Club nights are held once a month on Friday evenings after squad training session.

Please refer to the Club calendar for all Swimming Queensland sanctioned meets club members will be encouraged to compete at.

How to become a member

Membership forms are available for collection at the Sports Centre Reception desk or directly from Kristi Davey.

Please return the form once it has been completed along with your birth certificated to be sighted.