**ELECTRIC EELS SWIMMING PROGRAM**

Located at the Zillmere State School Pool

Entry at the Merrett Avenue School Gate

**WAYNE SWAN CUP SHIELD RUNNERS UP 2017**

**BRONTE BARRETT SHIELD WINNERS 2018**

**MARK GRIFFITHS MEMORIAL SHIELD WINNERS 2018**

**SQUAD Spring Vacation Intensive Program**

Monday 24 September 2018 to Thursday 04 October 2018 (2 weeks)

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| Swimming competition skills including individual swimmer preparation for the Summer competition swimming meets.  Fitness for all sports through cross training. |

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| **LEVEL** | **SESSION DAYS** | **SESSION TIMES\*** | **WEEKLY FEE** |
| Advanced Transition  (choice of 4 sessions) | Thursday  Monday, Tuesday and Thursday | 07:30AM to 08:00AM  03:00PM to 03:30PM | $25.00 inc. GST or $16.00/casual lesson |
| Novice Development  (choice of 4 sessions) | Tuesday  Tuesday, Wednesday and Thursday | 07:15AM to 08:00AM  03:15PM to 04:00PM | $30.00 Inc. GST or $16.00/casual session |
| Junior Competition & Fitness  (choice of 6 sessions) | Tuesday and Thursday  Monday, Tuesday, Wednesday and Thursday | 06:30AM to 07:30AM  04:00PM to 05:00PM | $30.00 inc. GST or $16.00/casual session |
| Premier Competition  (choice of 6 sessions) | Tuesday and Thursday  Monday, Tuesday, Wednesday & Thursday | \*06:00AM to 07:30AM  \*04:30PM to 06:00PM | $35.00 inc. GST or $16.00/casual session |
| Swim Fit for Adult and Youth Recreational Swimmers  (choice of 5 sessions) | Tuesday and Thursday  Monday, Tuesday and Thursday | \*06:00AM to 07:00AM  \*04:00PM to 05:00PM | $30.00 inc. GST or $16.00/casual session |

\*Flexible session starting times may be arranged.

Reserve a place in our highly-regarded program for all levels of swimming by contacting Paula at [bookings@electriceels.org.au](mailto:bookings@electriceels.org.au) or 0413 615 266



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**ELECTRIC EELS SWIMMING PROGRAM**

**LEARN TO SWIM Spring Vacation Intensive Program**

Monday 24 September 2018 to Thursday 04 October 2018 (2 weeks)

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| The ideal opportunity to boost confidence following the Term 4 2018 school swimming experience. |

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| **LEVEL** | **FOCUS** | **DAYS** | **Lesson Times** | **Weekly FEE** |
| O – Orientation to water confidence and safety to Level 3 – freestyle, back stroke and breaststroke | Building confidence and developing appropriate water safety and stroke efficiency at every level | Monday 1s to Thursday 4th October | 02:00pm  02:30pm  03:30pm | $55.00 for 4 lessons or  $16.00 per casual lesson  \*GST does not apply for swimming and water safety lessons |
| **NEW!**  **Learn to Swim Master Class for young swimmers interested in competition swimming** | 30-minute lesson with Electric Eels Swimming Club Head Coach Gary | Monday 24th to Thursday 27 September  and  Monday 1st – Thursday 4th October | 02:30pm to 03:00pm | $55.00 for 4 lessons or  $16.00 per casual lesson  \*GST does not apply for swimming and water safety lessons |

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