

Tri-Squad



MONDAY, WEDNESDAY and FRIDAY

- Morning session: 5:45am – 7:00am & 7:00am – 8:15am
- Evening session: 6:30pm – 7:45pm (Mon & Wed Only)

SATURDAY AM 7:30am – 9:00am

Approximate distance per session:

Tri-Squad: 3.0km – 4.8km, Junior Tri-Squad: 2.0km - 3.0km

(Please note: **NO SESSIONS** during public holidays, Easter Weekends, and Christmas holiday periods)

Focuses:

- Monday – Technique/Endurance/Speed
- Wednesday – Aerobic/Endurance/Lactate Tolerance and Threshold
- Friday – Speed, Lactate Tolerance and Threshold
- Saturday – Focuses on all and Mixed Strokes.

<u>Price Options</u>			
	Casual	10x Concession card	EasyPay Direct Debit
Tri-Squads	\$14.00 1 x session	\$135.00 for Adults \$95.00 for those under 17 years old	\$19.00/Week + \$29 One-Off Admin Fee <i>Unlimited Sessions + Unlimited entries to the pool. Note: 10 days' notice for cancellation or suspension via email. See T's&C's:</i> https://www.ymcauckland.org.nz/terms/#swim-school

Contact:

YMCA Swim School, Glen Innes Pool

122 Elstree Avenue, Glen Innes

(09)527 3260 - Ext. 3

Swim.GlenInnes@ymcauckland.org.nz

www.ymcauckland.org.nz/gleninnespool

Adult – Learn to Swim

EFFECTIVE 18/08/2022

(Please note: classes below run during SCHOOL TERM ONLY. We do not run lessons during public holidays, Easter weekends, and Christmas holiday periods)

<u>Adult – Learn To Swim & Squads</u>	
Adult Beginners/LTS Run time: 30 minutes	Monday, Tuesday & Wednesday PM - 5:50pm Saturday PM - 12:00pm
Adult Squad - Technique/Stamina Run time: 1 hour	Monday & Wednesday PM - 6:30pm Saturday AM: 7:30am

Beginners, LTS Learn to Swim

This class is especially for those who have some or no swimming experience and have always wanted to learn or improve their strokes. Can you swim and find taking a breath difficult? Do you wish to learn Freestyle, Backstroke, Breaststroke and Butterfly?

Leisure pool length: 20m

Adult Squad - Technique/Stamina

This class requires you to swim 33 meters and do lap swimming for at least 200m (6 laps) nonstop or more. We work on techniques to improve freestyle arm strokes as well as improving other strokes such as Backstroke, Breaststroke and even Butterfly (optional). If you are looking to build endurance, muscle strength and cardiovascular fitness this is the right class for you.

Main pool length: 33m

Approximate distance per session:

Squad: 1.6km – 3.0km

<u>Price Options</u>		
	Casual	EasyPay Direct Debit
Adult LTS/Squads	\$22.50 <i>1 x Lesson per day, must be booked in a day before.</i>	\$21.00/Week + \$29 One-Off Admin Fee <i>Unlimited Sessions + Unlimited entries to the pool</i> <u>EasyPay T&C's apply</u> – 13 weeks minimum contract. 10 days' notice for cancellation or suspension via email . See https://www.ymcauckland.org.nz/terms/#swim-school