



Tri Squad

MONDAY, WEDNESDAY and FRIDAY

Morning: 5:45am – 7:00am and 7:00 – 8:15am

Afternoon: 6:30pm – 7:45pm (Mon and Wed Only)

Saturday: 7:30am – 9:00am

Approximate distance per session:

Tri Squad: 3.6km – 4.5km

(Development/Junior Tri squad: 2km)

Fitness Squad

MONDAY, WEDNESDAY and FRIDAY

Morning: 9:00am – 10:00am

Approximate distance per session:

Fitness: 2.5km – 3.5km

<u>Price Options</u>			
	Casual	10x Concession card	Weekly Options
Tri and Fitness Squads	\$14.00	\$135.00 \$95.00 for under 17	\$19.00 Easypay <i>Unlimited squads</i>

YMCA Swim School, Glen Innes Pool

122 Elstree Avenue, Glen Innes

(09)5273260/0800 336886

www.ymcauckland.org.nz/gleninnespool

Adult – Learn to Swim

EFFECTIVE 15/10/2018

(Please note: classes below run during school term only)

<u>Adult – Learn To Swim</u>		
Adult LTS	Monday to Thursday 5:50pm - 6:20pm	Saturday Only 12:00pm - 12:30pm
Adult Squad PM Technique/Stamina	Monday to Thursday 6:30pm - 7:30pm	Saturday Only 12:00pm - 1:00pm
Adult Fitness Squad PM	Monday to Thursday 6:30pm - 7:30pm	Saturday Only 12:00pm - 1:00pm

Beginners, LTS Learn to Swim

This class is especially for those who have little or no swimming experience and have always wanted to learn.

Adult Technique

Can you swim and find taking a breath difficult? Then this class is for you. As well as improving your freestyle breathing technique we will also improve your general technique in all swimming strokes.

Adult Stamina

If you can swim confidently and haven't been swimming for a while adult stamina class would be the one for you. We will be covering more distance and some stroke correcting when needed.

<u>Price Options</u>			
	Casual	Weekly Options	Term Payment
Adult LTS PM Squads	\$21.00	\$21.00 Easypay <i>Unlimited Sessions</i>	\$210.00 <i>1x Lesson per week, must be booked in</i>