



Tri Squad

MONDAY, WEDNESDAY and FRIDAY

Morning session: 5:45am – 7:00am & 7:00 – 8:15am

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

Saturday: 7:30am – 9:00am

Approximate distance per session:

Tri Squad: 3.0km – 4.5km

(Development/Junior Tri squad: 2km)

Fitness Squad AM

FRIDAY Morning: 9:00am – 10:00am

Approximate distance per session:

Fitness: 2.5km – 3.5km

<u>Price Options</u>			
	Casual	10x Concession card	EasyPay Direct Debit
Tri and Fitness Squads	\$14.00	\$135.00 \$95.00 for under 17	\$19.00/Week + \$29 One-Off Admin Fee <i>Unlimited squads</i>

Contact:

YMCA Swim School, Glen Innes Pool

122 Elstree Avenue, Glen Innes

(09)5273260 0800 336886

Swim.GlenInnes@ymcauckland.org.nz

www.ymcauckland.org.nz/gleninnespool

Adult – Learn to Swim

EFFECTIVE 28/04/2020

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

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

Beginners, LTS Learn to Swim

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

Adult Squad - Technique/Stamina

This class requires you to swim 33 meters and doing at least 2 laps nonstop or more. We work on techniques to improve freestyle arm pulls. As well as improving other strokes such as Backstroke, Breaststroke and even Butterfly. We will also improve your general technique in all swimming strokes by doing drills.

If you can swim confidently and have not 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	EasyPay Direct Debit	Term Payment
Adult LTS PM Squads	\$21.00 <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</i>	\$210.00 <i>1x Lesson per week, must be booked in</i>

EasyPay T&C's apply – 13 weeks/3 months minimum contract. 10 days' notice for cancellation by email. See <https://www.ymcauckland.org.nz/terms/#swim-school>