



MURRAY EVANS SPORTS AND AQUATIC CENTRE ADULT FITNESS / MASTERS SQUAD

Adult Fitness/Masters Squad

All sessions cater for a range of abilities and experience. Swimmers are categorised according to ability, experience and fitness. Squad members are then organised into lanes that will be most suitable for them. The squad swims all year round in our heated pool, usually having a break during Christmas.

The Squad offers services for:

- Stroke correction
- Masters swimming
- Swimming for triathlon
- Goal setting
- Open water swimmers
- Surf swimmers

Timetable of Squad Sessions

<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>Morning</i>	5.30am – 6.30am SWIM	5.00am – 6.00am SWIM	5.30am – 6.30am SWIM		5.30am – 6.30am SWIM	6.00am – 7.00am SWIM
<i>Evening</i>	5.30pm – 6.30pm SWIM		5.30pm – 6.30pm SWIM			

** It is desirable that participants are able to complete 100m Freestyle in under two minutes

Fee Structure

- Adult Squad single \$13.20
- Adult Squad weekly \$38.50
- Adult Squad monthly \$120.75
- Adult Squad casual (10 passes) \$120.75

Enquiries

If you have any questions regarding these squads please call our friendly staff on 07 3846 1334.

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A school of the Presbyterian and Methodist Schools Association.

