

PREP TO YEAR 12 SWIMMING PROGRAM

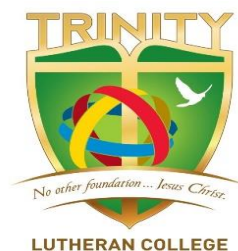
(Version 2 - 26/10/16)

Head Swimming Coach: Mr Dean Pugh

Email: trinity.swim@tlc.qld.edu.au or Dean.Pugh@tlc.qld.edu.au

Learn to Swim Supervisor: Mrs Leigh Gescke

Email: ltswim@tlc.qld.edu.au or Leigh.Gescke@tlc.qld.edu.au



ABOUT DEAN PUGH...

Dean Pugh is a silver licence Australian coach and a level 5 International Senior Coach certified by the American Swim Coaches Association with 20 years' experience across all levels of the sport

He has developed swimmers to international performances at Olympic Games, World Championships, Commonwealth Games, Pan Pacific Games, Oceania Championships, Junior Pan Pacific Games, Australian Youth Olympic Festival, and the US Open.

Dean has also been a Queensland Academy of Sport, Target Squad Coach for the past 5 years.

Program + Where	When	Cost
Learn to Swim @ Cotlew Street (from 3 years of age)	. Monday to Friday . Afternoon Sessions from 3.15pm (30 mins per session)	. \$15 per session . \$30 x 2 . \$40 x 3 per week
Mini Squad @ Cotlew Street	. Monday to Friday . Afternoon Sessions from 3.15pm (30 mins per session)	. \$15 per session . \$30 x 2 . \$40 x 3 per week
Transition Squad @ Cotlew Street	. Monday to Friday . Afternoon Sessions from 3.45pm (45 mins per session)	. \$99 per month
Novice Squad @ Ashmore Road	. Monday to Friday . 3.30pm to 4.30pm	. \$99 per month
Fitness Squad @ Ashmore Road	. Monday to Friday . 3.30pm to 4.30pm	. \$99 per month
Competitive Squad @ Ashmore Road	. Morning: Tue; Thu; Fri & Sat from 6.00am to 8.00am . Afternoon: Mon; Tue; Wed & Thu from 4.30pm to 6.30pm	. \$140 per month

IMPORTANT INFORMATION

- All students will be initially assessed to determine the most appropriate program / level
- Payment: Pay through the Main Administration or directly at the Pool
- Learn to Swim Classes: Pay per term
- LTS: All students will undertake an initial assessment to determine entry level
- Holiday Programs: Will operate and will be advertised and paid separately
- Novice Squad: For non-competitive swimmers
- Fitness Squad: Targeting triathletes + surf swimmers + general fitness development
- Competitive Squad: Entry requirements are in place to be included within this squad

TRINITY AQUATIC CLUB

- Based at Trinity Lutheran College
- Varying levels of involvement and participation
- Opportunity to compete in club meets and Trinity Club nights
- Contact: Raecheal Cassidy: Email: cassidy@internode.on.net