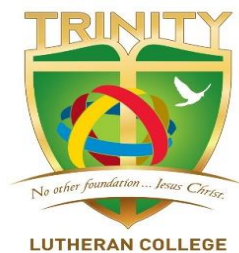


# PREP TO YEAR 12 SWIMMING PROGRAM



Head Swimming Coach: Mr Dean Pugh

Email: [trinity.swim@tlc.qld.edu.au](mailto:trinity.swim@tlc.qld.edu.au) or [Dean.Pugh@tlc.qld.edu.au](mailto:Dean.Pugh@tlc.qld.edu.au)

Learn to Swim Supervisor: Mrs Leigh Gescke

Email: [ltswim@tlc.qld.edu.au](mailto:ltswim@tlc.qld.edu.au) or [Leigh.Gescke@tlc.qld.edu.au](mailto:Leigh.Gescke@tlc.qld.edu.au)

Program + Where	When	Cost
<u>Learn to Swim</u> Cotlew Street Pool	Monday to Friday from 3.15pm (30 mins per sessions)	\$15 per session \$30 x 2 \$40 x 3 per week
<u>Mini Squad</u> Cotlew Street Pool	Monday to Friday from 3.15pm to 3.45pm	\$15 per session \$30 x 2 \$40 x 3 per week
<u>Transition Squad</u> Cotlew Street Pool	Monday to Friday from 3.45pm to 4.30pm	\$99 per month

<u>Junior Squad</u> Ashmore Road Pool	AM (7am to 8am): Tue + Fri PM (3.30pm to 4.30pm): Mon + Wed + Thu	\$99 per month
<u>State Squad</u> Ashmore Road Pool	AM (6.30am to 8am): Tue + Thu + Fri + Sat PM (3.30pm to 5pm): Mon + Wed + Thu	\$140 per month
<u>Fitness Squad</u> Ashmore Road Pool	PM (3.30pm to 4.30pm): Mon + Wed + Thu	\$99 8 session pass

## 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
- Holiday Programs: Will operate and will be advertised and paid for separately
- Competitive Squad: Entry requirements are in place to be included within this squad
- Swim ability will determine which squad an athlete will be assigned

## TRINITY AQUATIC CLUB

- Based at Trinity Lutheran College, with varying levels of involvement and participation
- Opportunity to compete in club meets and Trinity Club nights
- Contact: Zoe Luther Email: [TrinityAquaticClub@gmail.com](mailto:TrinityAquaticClub@gmail.com)

### 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