



... with swimming and training programmes at...
 • Onehunga Aquasport Centre, 1 Park Gardens, Quadrant Road, Onehunga
 • Epsom Aquatic Centre, Epsom Girls Grammar School, Silver Road, Epsom

PROGRAMMES, TIMETABLE AND FEES - From October 2009

POOL	PROGRAMME	DESCRIPTION GENERAL GUIDELINES TO PLACEMENT IN SQUAD	SESSIONS PER WEEK	SESSION Days and Times	SESSION DURATION	Price
EPSOM POOL Located at Epsom Girls Grammar, Silver Road Auckland	COMPETITIVE	REGISTRATION The Club's Registration / Membership year commences 01 May (to 30 April) of each year. This aligns with NZ swimming and ASA. All swimmers at Epsom are registered as competitive swimmers and will pay fees as such: All registration fees must be paid at the time of first joining the Club, and thereafter on 01 May each year.	N/A	N/A	N/A	\$120 / year
		ALPHA Placement in this squad is by Head Coach only: • You are expected to train the minimum of 7 times a week. • You are expected to compete in the National & Regional Championships • You are expected to compete in the various ASA sanctioned swim meets • You are expected to compete in the Club Championships • You are expected to attend (two) 2 swimming camps per year If you do not, then you may be moved to a different squad. You are not to swim on other days / other times without consulting the Head Coach	7 to 9 including 1st, 3rd and 5th Saturdays each month	Swimmers can only attend the sessions applicable to their squad Mon, Tues, Thurs, Fri: 5:30 am to 7:30 am Mon to Thurs: 4:30pm to 6:30pm 1st, 3rd and 5th Saturdays each month 7:00am to 9:00am	120 minutes	\$135 / Month
		BETA Placement in this squad is by Head Coach only: • You are expected to train minimum of 5 times a week. • You are also expected to compete in the National & Regional Championships • You are expected to compete in the various ASA sanctioned swim meets • You are expected to compete in the Club Championships • You are expected to attend (one) 1 swimming camps per year If you do not, then you may be moved to a different squad. You are not to swim on other days / other times without consulting the Head Coach	6 to 7 including 1st, 3rd and 5th Saturdays each month	Swimmers can only attend the sessions applicable to their squad Mon, Wed, Fri: 5:30 am to 7:30 am Mon to Thurs: 4:30pm to 6:30pm 1st, 3rd and 5th Saturdays each month 7:00am to 9:00am	120 minutes	\$125 / Month
		GAMMA Placement in this squad is by Head Coach only: • You are expected to train the minimum of 5 times a week. • You are also expected to compete in the National & Regional Championships • You are expected to compete in the various ASA sanctioned swim meets • You are expected to compete in the Club Championships • You are expected to attend (one) 1 swimming camps per year If you do not, then you may be moved to a different squad. You are not to swim on other days / other times without consulting the Head Coach	5 to 6 including 1st, 3rd and 5th Saturdays each month	Swimmers can only attend the sessions applicable to their squad Wednesday: 5:30 am to 7:30 am Mon to Thurs: 4:30pm to 6:30pm 1st, 3rd and 5th Saturdays each month 7:00am to 9:00am	120 minutes	\$125 / Month
		DELTA Placement in this squad is by Head Coach only: • You are expected to train the minimum of 4 times a week. • You are also expected to compete in the National & Regional Championships • You are expected to compete in the various ASA sanctioned swim meets • You are expected to compete in the Club Championships • You are expected to attend (one) 1 swimming camps per year If you do not, then you may be moved to a different squad. You are not to swim on other days / other times without consulting the Head Coach	4 to 5 including 2nd and 4th Saturdays each month	Swimmers can only attend the sessions applicable to their squad Mon to Thurs: 4:30pm to 6:30pm 2nd and 4th Saturdays each month 7:00am to 9:00am	120 minutes	\$100 / Month
		FOXTROT Placement in this squad is by Head Coach only: • You are expected to train the minimum of 2 times a week. • You are also expected to compete in the National & Regional Championships • You are expected to compete in the various ASA sanctioned swim meets • You are expected to compete in the Club Championships • You are expected to attend (one) 1 swimming camps per year If you do not, then you may be moved to a different squad. You are not to swim on other days / other times without consulting the Head Coach	2 to 3 including 2nd and 4th Saturdays each month	Swimmers can only attend the sessions applicable to their squad Tuesday and Thursday: 4:30pm to 6:30pm 2nd and 4th Saturdays each month 7:00am to 9:00am	120 minutes	\$80 / Month
	NON-COMPETITIVE	REGISTRATION The Club's Registration / Membership year commences 01 May (to 30 April) of each year. This aligns with NZ swimming and ASA. All registration fees must be paid at the time of first joining the Club, and thereafter on 01 May each year.	N/A	N/A	N/A	\$20 / Year
		FITNESS ONLY • You are expected to train consistently 2 times a week. You are not to swim on other days / other times without consulting the Head Coach	3	Swimmers can only attend the sessions applicable to their squad Tuesday: 5:30am to 7:00am Wednesday: 5:30am to 7:00am Thursday: 5:30am to 6:30am	90 Min: Tuesday & Wednesday 60 Min: Thursday	\$80 / Month

NOTES

(1) For all existing Club Members, all membership fees must be paid by the 1st of April each year. For competitive swimmers, all membership fees must be paid in full before any entries will be accepted for Swim Meets. Non-payment of fees will mean race entries will not be accepted by The Club Handicapper nor by Auckland Swimming

(2) **REBATES** - for 3 or more family members swimming in any squad a 50% discount applies to the 3rd and consecutive swimmer(s).

(3) **FEES/CREDITS** - Please note that unless otherwise stated, fees are calculated on a 46 week year: For ease of payment the yearly fees are charged equally over 12 months. Written requests for credits, for reasons of long term illness or injury only, will be considered by the Club Committee. It is the members responsibility to inform the Club when they cease swimming. Fees will be charged until written notice is received by the Registrar.

(4) **GUIDELINES TO GROUP PLACEMENTS:** these are merely indicative. The most appropriate programme for each swimmer is determined by the head coach and programme coach. Each swimmer is assessed based on technical skills, physical fitness, attitude and maturity. To guarantee good coaching conditions, availability of pool space in each programme is also considered.

FOR ALL MEMBERSHIP AND FEE ENQUIRES: PLEASE CONTACT THE CLUB REGISTRAR ON REGISTRAR@ONEHUNGASWIMMINGCLUB.CO.NZ