



Summer 2010 – 2011 Squad Programme

Junior Squad

30 min Daily Lessons: Monday to Thursday 5:00pm to 5:30pm

Designed to be a transition squad for children who have graduated from *Learn-to-Swim Intensive*. At this level the classes are still graded. The emphasis remains high on stroke correction as well as developing the stamina required for lap swimming in squads. Children must be capable of adequately swimming all strokes and diving from the blocks.

Grading day is on Monday 18th October at 3:30pm.

Intermediate Squad

Monday to Thursday Evening: 5:30pm to 6:15pm

or

Monday, Tuesday, Thursday & Friday Mornings: 7:45am to 8:30am

Children must be capable of,

- Swimming 1km to 2km per session (40 - 80 laps).
- Swimming 8 lap's continuous freestyle (without standing up).
- 50 metres competent backstroke/breaststroke & 25 metres butterfly
- Diving from blocks and performing adequate tumble turns.

Senior Squad

Monday, Tuesday, Thursday & Friday Mornings: 6:45am – 7:45am

Strenuous training sessions of +3.0 kms (+120 laps). Great for carnival preparation and building fitness. Swimmers must be competent in all strokes, dives and turns.

Unsure which squad to choose...come to Junior Grading Day Monday 18/10/10!

Fees	Pay 2 Terms Upfront*	Term 4 Only
Junior	\$350	\$200
Intermediate	\$380	\$215
Senior	\$400	\$225

***includes \$50 discount if you commit to full season in advance!**

How to Enrol

It's easy... just go to

www.lpspandc.org.au,
and select "Activities" then
"Swimming Program".

All enrolments must be made through the on-line service and we encourage electronic payment.

You will automatically receive a confirmation and receipt of your application by email.

For Squad enquiries or if you have any difficulties please contact;

Margaret Edie:
gmedie@bigpond.net.au

If you must pay by cash or cheque please enclose payment in an envelope marked **Attention/Margaret Edie** and place in the Sports Committee locked box located in the Office Building near the Teachers Staffroom.

Cheques made payable to: LPS Sports Committee.

No Refunds will be given.

Session Dates

Term 4 2010 Mon 18/10/10 – Fri 10/12/10

Term 1 2011 Mon 31/01/11 – Fri 18/03/11

Ex LPS Students Year 5-6 are welcome to train in the appropriate Squad

Need More Information....

www.lpspandc.org.au