



Alpha & Omega Swimming

Coaching Fees (inc. of GST)

Term 4 2016

Squad	Target	1 Month	Term 2
Group Fitness Training	Gym circuit training for squad members who only train dry land twice per week.	70.00	
Bronze Junior	Introduction to squad training. Swimmers develop their technique in all four strokes as well as basic racing skills in a fun squad environment.	85.00	1st Swimmer 195.00 2nd Swimmer 185.00 3rd Swimmer 175.00
Bronze Development	Training is aimed to advance technique and race skills as well as improving cardiovascular fitness. Athletes learn how to train consistently each week and begin to race competitively at school and club level meets.	100.00	1st Swimmer 240.00 2nd Swimmer 230.00 3rd Swimmer 220.00
Silver Development	For athletes who have chosen swimming as one of their main sports. This squad caters for the training needs for athletes in competitive swimming, triathlons, water polo or surf. Athletes are encouraged to compete at targeted meets.	115.00	1st Swimmer 285.00 2nd Swimmer 275.00 3rd Swimmer 265.00
Gold Development	Athletes who have demonstrated proficient technique and skill level during training and competition and want to use this as a platform for success at school and targeted competitions.	125.00	1st Swimmer 310.00 2nd Swimmer 300.00 3rd Swimmer 290.00
State Development	This squad is for athletes training to compete at targeted meets and aiming to qualify for pool and OW States. Programs encompass all areas of training specific for athletes racing at competitive state level meets.	140.00	1st Swimmer 345.00 2nd Swimmer 335.00 3rd Swimmer 325.00



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Please note:

*All Term payments are due on the **25th October 2016**

*10% Admin fee will be charged on payments not received by the **25th October 2016**

*Monthly payments are to be received by the 7th of each calendar month

*Payments are not refundable for non attendance

Payment Options:

Electronic Bank Transfer: Pay direct into the following account:

Alpha & Omega Swimming

Bankwest, Perth

BSB: 302 162

Account No: 0486 816

In person: Complete your details on the envelope (name, squad and amount) and enclose money in a secure envelope. Cheques made payable to Alpha & Omega Swimming