



Gold Coast Aquatic Squad program

Mini Squad \$80.00 per Fortnight

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>AM</i>						8.00 – 9.00
<i>PM</i>	5.00 – 6.00	4.00-5.00		4.00-5.00	4.00-5.00	

- Recommended attendance: 2-4 sessions per week

Junior Squad \$90.00 per Fortnight

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>AM</i>	5.30 – 7.00					6.00 -8.00
<i>PM</i>		4.30 – 6.00	4.00 – 6.00	4.30-6.00	4.30-6.00	

- Recommended attendance: 4-6 sessions per week

State Squad \$95.00 per Fortnight

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>AM</i>			5.00-7.00		5.00-7.00	6.00-8.00
<i>PM</i>	4.00-6.00	4.00-6.00		4.00-6.00		

- Recommended attendance: 4-6 sessions per week

National Squad \$105.00 per Fortnight

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>AM</i>	5.00-7.00	5.00-7.00	5.00-7.00	5.00-7.00	5.00 – 7.00	6.00 – 8.00
<i>PM</i>	4.00-6.00		4.00 – 6.00			

Open Squad \$130.00 per Fortnight

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>AM</i>	6.30 – 9.00	6.30 – 9.00	6.30 – 9.00	6.30 – 9.00	6.30 – 9.00	7.00-9.30
<i>PM</i>	3.00-5.30	3.00-5.30	3.00 – 5.00	3.00-5.30		

Adult / Fitness Squad \$13.00 casual or \$120.00 [10 visit pass]

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>AM</i>	5.30 – 6.30 / 6.30 -7.30					6.00 – 7.00
<i>PM</i>	6.00 – 7.00	6.00 – 7.00	6.00 – 7.00	6.00 – 7.00		