SUNSHINE COAST GRAMMAR Swimming

SQUAD TIMES

GOLD

9 SESSIONS PER WEEK, INCLUDING DRYLAND PLUS 2 GYM SESSIONS

DAY	AM	PM
Monday	5:30am - 7:30am	4:00pm - 6:00pm
Tuesday	5:30am - 7:30am	4:00pm - 6:00pm
Wednesday	-	4:00pm - 6:00pm
Thursday	5:30am - 7:30am	4:00pm - 6:00pm
Friday	5:30am - 7:30am	-
Saturday	5:30am - 9:00am*	-

* Saturday: 30 Minute break from 7.30am and 8.00am

$187 per month - Grammar Student Rate (plus gym fees)
$196.90 per month - Standard Rate (plus gym fees)

SILVER

9 SESSIONS PER WEEK, INCLUDING DRYLAND PLUS 2 GYM SESSIONS

DAY	AM	PM
Monday	5:30am- 7:30am	4:00pm - 6:00pm
Tuesday	5:30am - 7:30am	3:45pm - 6:00pm*
Wednesday	-	4:00pm - 6:00pm
Thursday	5:30am - 7:30am	3:45pm - 6:00pm*
Friday	5:30am - 7:30am	-
Saturday	5:30am - 9:00am	-

* Saturday: 30 Minute break from 7.30am and 8.00am
* 15 min break between swim and gym

$143 per month - Grammar Student Rate (plus gym fees)
$159.50 per month - Standard Rate (plus gym fees)

BRONZE

7 SESSIONS PER WEEK INCLUDING 1 DRYLAND (SAT)

DAY	AM	PM
Monday	5:30am - 7:30am	-
Tuesday	-	3:30pm - 5:00pm
Wednesday	5:30am - 7:30am	-
Thursday	-	3:30pm - 5:00pm
Friday	5:30am - 7:30am	3:30pm - 5:00pm
Saturday	6:00am - 8:30am	-

$114.40 per month - Grammar Student Rate
$127 per month - Standard Rate

BLUE

7 SESSIONS PER WEEK, INCLUDING 1 DRYLAND (SAT)

DAY	AM	PM
Monday	-	3:30pm - 4:30pm
Tuesday	-	3:30pm - 4:45pm
Wednesday	6:15am -7:30am	3:30pm - 4:30pm
Thursday	-	3:30pm - 4:45pm
Friday	-	3:30pm - 4:45pm
Saturday	7:00am - 8:45am	

$97.90 per month - Grammar Student Rate
$108.90 per month - Standard Rate

COACHING STAFF			
GOLD	Luke Stafford (Head Coach)	BRONZE	Jack Hawke
SILVER	Charles Barry	BLUE	Dan Diniz