

# Terrey Hills Swim School

## SCHOOL HOLIDAY INTENSIVE PROGRAM 2010

**DATES:** 12<sup>TH</sup> - 16<sup>TH</sup> April (5 days)

### Middle Pool (Learn to Swim)

**Levels:** Beg A to A5 (30 min class)

**Time:** 8:30am - 11:00am

### Top Pool

**Levels:** A7 to A15 (45 min class)

**Time:** 8:30am - 11:00am

**Aqua Fit:** 7:00am and 7:45am (Mon, Wed, Fri)

### Squad Pool

**Levels:** A7/25 to Junior Squad

**Time:** 5:30am - 11:00am

**Adult Squad :** 6:00am, 6:30am & 8:30am

### Private Lessons

**Levels:** LTS, Stroke Dev. & Squads

**Time:** 8:00am or 11:00am

**COST:** \$90 (5 days)

\$20 (Casual Pass)

\$50 (Private Lesson)

Adult Squad - Pass Plan or Book in

## **Bookings at Reception**

Phone: 9486 3941 [www.thswim.com.au](http://www.thswim.com.au)

# Hockey/Swim Clinic

12<sup>th</sup> - 16<sup>th</sup> April (5 days)

**Ages 5 - 14years**

## **PROGRAM**

8:30 - 10:30

Hockey

10:30 - 10:45

Morning tea

10:45 - 11:45

Swim Squad

11:45 - 12:30

Water Polo

### What to Bring:

**Hockey gear** - stick, shin pads, mouth guard

Hat, sunscreen, morning tea, drink bottle

**Swim gear** - costume, cap, goggles, fins

To register for the Clinic please see Reception

**Cost:** \$45 daily

\$200 weekly

Hockey season commences April 17th

To register for the season go to [www.warringah-hockey.com](http://www.warringah-hockey.com) or [annej@thswim.com.au](mailto:annej@thswim.com.au)