

OUR PHILOSOPHY:

FORM | FITNESS | FUN | FAMILIES

FORM:

Swimming is a technique based sport: we'll teach you to swim correctly with our proven coaching techniques and teaching methods.

FITNESS:

Swimming is an enjoyable way to get fit, improve your strength and endurance and get in shape.

FUN:

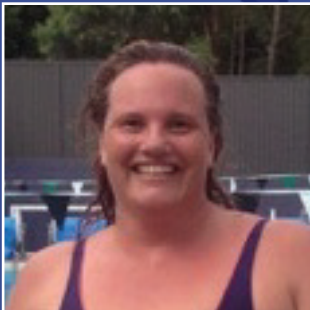
Swimming is a team sport: an activity where people train together and enjoy the experience.

FAMILIES:

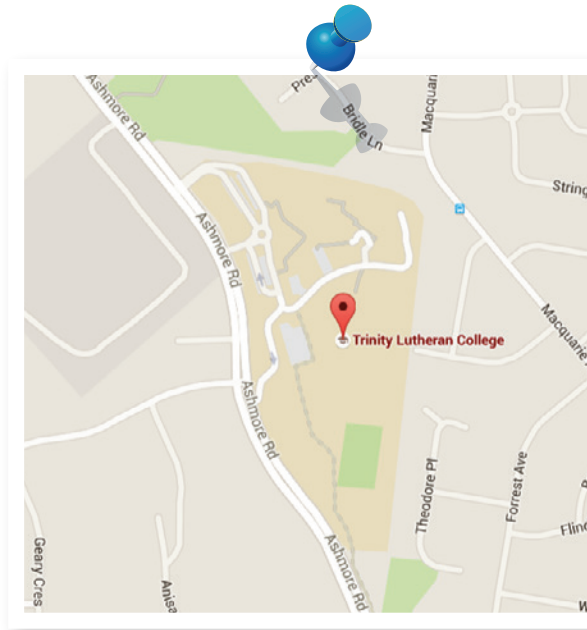
Swimming is an activity that all the family can enjoy.



Wayne Goldsmith
(Head Coach)



Helen Morris
(Senior Coach)



MOREGOLD
SWIMMING

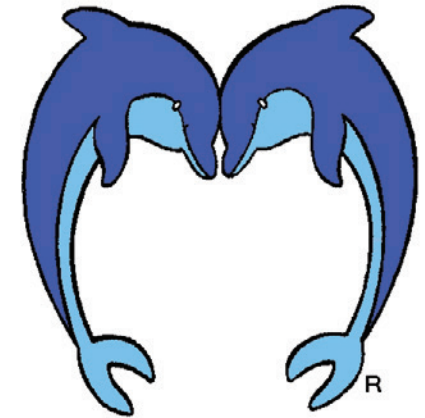


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MOREGOLD SWIMMING



*Your Swimming Performance
is Our Business*

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ABOUT US:

With more than 50 years' experience, Moregold Swimming offers every swimmer the best possible opportunity to realise their swimming potential. Whether your goal is to win your school swimming carnival, strive for an Olympic Gold medal or if you just want to have a lot fun learning how to swim a little better and make some great friends, then the Moregold Swimming program is for you.

SUPER FISH: Ideal for young swimmers making the transition from Learn to Swim into Squad Training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am						7:00 - 7:45	
pm	3:45 - 4:30	3:45 - 4:30	3:45 - 4:30	3:45 - 4:30	3:45 - 4:30		

FLYING FISH: The perfect level to start off your swimming Squad Training. Just the thing for primary and secondary school students aiming for school carnivals.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am						7:00 - 8:15	
pm	3:45 - 5:00	3:45 - 5:00	3:45 - 5:00	3:45 - 5:00	3:45 - 5:00		

SHARKS: A great team for swimmers who want to learn how to race and compete. Focus is very much on technique and fitness - so it's a great team to join to get in shape and improve every aspect of your swimming.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am		6:00 - 7:30		6:00 - 7:30		6:30 - 8:15	
pm	3:45 - 5:15	3:45 - 5:15	3:45 - 5:15	3:45 - 5:15	3:45 - 5:15		

DOLPHINS: Our performance squad –a training program for serious competitive swimmers, surf athletes and triathletes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am		6:00 - 7:30		6:00 - 7:30		6:30 - 8:15	
pm	3:45 - 5:30	3:45 - 5:30	3:45 - 5:30	3:45 - 5:30	3:45 - 5:30		

PROGRAM FEES:

SQUAD	PER MONTH
Super Fish	\$99.00
Flying Fish	\$99.00
Sharks	\$110.00
Dolphins	\$132.00
10 Session Card	\$132.00

Note: All program fees include unlimited lessons per month, pool entry and GST. The ten session card includes pool entry and GST and is valid for 3 months from date of purchase. Fees can be paid by cash or EFTPOS at the pool or by direct bank transfer.

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