As summer approaches the St Columba’s SRC has commenced the swimming training program in preparation for the 2020 Olympics and other shorter term goals. Our aims are to focus on providing students the opportunity to train as a group, keep fit and to receive instruction on improving their swimming skills. The program runs during Term 4-2011 and Term 1-2012 and is run by parent volunteers from the school community.

The swimming program is open to students that have the ability to swim 100m of each competitive stroke and students who were previously selected for the Interschool Swimming Team.

**Dates:** Monday 31st October – Wednesday 14th December 2011

**Session:** Monday and Wednesday 3.30pm-4.30pm. *Students are required to be signed in and signed out for each session.*

**Venue:** Bayswater Aquatic Centre, Broun Ave, Bayswater.

**What to bring:**
- Appropriate bathers
- Flippers, goggles and kickboard
- Towel
- Water bottle

**Cost:** Swimming Club

<table>
<thead>
<tr>
<th># of children</th>
<th>Cost per term</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td>$30</td>
</tr>
<tr>
<td>2</td>
<td>$25</td>
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<tr>
<td>3, 4, 5 ...</td>
<td>$20</td>
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</tbody>
</table>

**Pool Entry Cost**
- Adult $5.40
- Children $4.20
- Spectators $1.80

The City of Bayswater provides discounts for local residents. Enquire at the Aquatic Centre.

**Registration:** A registration form is required for each student ASAP (#’s are limited).

**Correspondence:** [stcols.sportandrec@gmail.com](mailto:stcols.sportandrec@gmail.com) or the orange wall mounted box in the old canteen area.

**Wind-up:** 11am Saturday, 10th December, 2011. Further details at a later date.

Regards,

Jack Vanderklau
Secretary
St Columba’s SRC Swimming Training Program