



Training at Terry Tyzack Aquatic Centre, Inglewood. (conducted by iSwim)

iSwim is the contracted body that provides exclusive coaching services for Riverside Swimming Club at Terry Tyzack Aquatic Centre (Inglewood pool). The squad's aim is to improve swimming fitness and technique whilst providing a relaxed introduction to club and competitive swimming. Swimmers who can comfortably swim 50 - 100 metres of Freestyle, Backstroke and Breaststroke are welcome to come along and try 3 free sessions before joining. We also have options for younger swimmers who are still in the lower levels of swimming, these are detailed below.

Riverside Membership (From July 1 to June 30)

All swimmers training with the iSwim squad must be Riverside members due to formal agreements between the two parties and insurance purposes. Membership also enables swimmers to compete in club time trials and attend club events. Riverside members can also choose to compete in inter-club pennants and SwimmingWA endorsed competitions. Riverside membership includes full SwimmingWA membership.

Membership costs (2011/2012 season)

\$155 – First swimmer in Family

\$145 – Second Swimmer in Family

\$135 – Third and subsequent swimmers in family

Coaching Times

Tues, Wed, Thurs : 5pm - 6:30pm

Saturday : 7:30am - 9am

Coaching Fees

\$70 per month. All sessions available

\$40 per month. One session per week available

\$10 per session if starting mid month. Also available for casual swimmers.

All swimmers are entitled to 3 free sessions before joining the squad.

Time Trials

Held on Sunday Afternoons at Terry Tyzack Aquatic Centre. Provide an introduction to competitive swimming in a relaxed environment. Information about both Summer and Winter time trial programs will be forwarded to members.

For junior swimmers (approx levels 4 - 8)

Saturday morning competitive swimming skills sessions are available for junior swimmers who are not yet at squad level.

These sessions teach all the things kids love about swimming including dive starts and tumble turns. In combination with swimming lessons and club time trials these casual sessions are a great way for your child to become more motivated and enjoy their swimming.

All swimmers must be Riverside members.

Session Time: 7:30am - 8:30am on Saturday mornings.

Sessions Cost: \$10 payable on the day or in advance.

Contacts

iSwim coaching services, email: iSwim@westnet.com.au (sandy)

Riverside Swimming Club, email: rsc@rsg.org.au

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