



**So you have made it through Swim School and now it's time to Fly!!**

Come join us in our Junior Fitness Squad at the Frankston and Mornington Peninsula Flyers Swimming Club.

The Flyers Junior Fitness Squad is designed for swimmers aged 8 to 16 who have completed their Learn to Swim Program and would like to take their swimming to the next level. The Squad aims to improve overall fitness and the development of all stroke techniques with a focus on freestyle.

Sessions are intended to improve swimming specific fitness, general fitness, cross sport training and aid swimmers to improve their personal best times and race results for school and local competitions.

Participants can attend the 2 sessions offered weekly by selecting one of the squads below. Each Squad offers different training times, allowing you to select a schedule that works best for you.

Note : The below Junior Fitness Squads are not graded, they are at the same level.

Squad	Mon	Tues	Wed	Thur	Friday	Saturday
Junior Fitness - <b>Albatross</b>				6.45pm - 7:45pm		7.00am - 8.00am
Junior Fitness - <b>Eagles</b>		6.30pm - 7.30pm			6.00pm - 7:00pm	
Junior Fitness - <b>Teen</b> (14yrs+)	7.00pm - 8.00pm					6.00am - 7.00am



## Fees

To become a member of the Flyers Junior Fitness Squad there are three steps

1. There is an initial joining fee which includes a Flyers membership for your swimmer and membership for one spectator Parent or Guardian (Club requirement).
2. There is a monthly Training fee, direct debited on the first of every month.
3. To complete your membership you will need an Aquatic membership at PARC which includes anytime pool entry and parking. As a Flyers member, the PARC joining fee will be waived and you will receive our club discounted rate.

## Fee Schedule

Squad	Eligibility	Registration Fee (Annual)	Training Fee (Monthly Direct Debit)	Parc Fee inc Flyers discounted rate (Weekly)	Training Equipment Required
Junior Fitness - <b>Albatross,</b> - <b>Eagles,</b>	Completed Swim Lessons	Swimmer \$42 Guardian \$20 Total \$62	\$60 Includes 2 sessions per week	\$12.15	Short Fins Kick Board Pull Buoy Flyers Cap
Junior Fitness - <b>Teen (14yrs+)</b>	Completed Swim Lessons	Swimmer \$42 Guardian \$20 Total \$62	\$60 Includes 2 sessions per week	\$12.15	Short Fins Kick Board Pull Buoy Flyers Cap

Swimmers in the Junior Fitness Squad will receive the following Benefits

- Professional coaching and support staff.
- Constant evaluation of training groups
- Club run meets and competition for novice swimmers.
- An annual awards and presentation ceremony.
- Unique club uniform including a complimentary Flyers Swimming Cap upon joining.
- Squad social activities
- Parent social activities



If you are interested in joining the Flyers Fitness Squads please fill in the following Google Form -

[Expression of interest Form](#)

Any questions can be forwarded to the [registrar@peninsulaflyers.org.au](mailto:registrar@peninsulaflyers.org.au)



[www.peninsulaflyers.org.au](http://www.peninsulaflyers.org.au)