



Membership fees 2006

The membership fee for 2006 has been set at \$65 and is due now, please pay to either Sandra or Trish. Don't forget you will need to be fully paid up before the end of January if you are doing Open Water swims otherwise your January times will not be counted for points. If paying by cheque, please make out to Swan Hills Swimming Club.

Swan Hills Training times

Monday, Wednesday, Thursday & Friday mornings (early birds), 5.15am – 7am, cost is currently \$70 for the month. If the early start is just too early, the coach has the program structured so that you can get in the water at 6am. Experienced Coach on deck at all times.

Monday & Wednesday mornings 9am (Starts on the 23rd of January), we are trying to get this off the ground, be patient it might be slow to start. I have spoken to the Centre and coaching can be arranged as soon as we get a few regular swimmers. We will not be booking a lane until we needed to. More info? Call Sandra 9211 8473 wk.

Saturday's 12noon to 2pm – Aerobic Swims. Come along and do some longer swims and participate in our Aerobic awards, training and stroke correction also if required. Fortnightly, next day is the 21st of January, though there will be someone there on the odd weekends. The times can be changed if it suits more swimmers.

Sunday mornings 7am, Bilgoman Pool, this will be on every weekend, though if an Ocean swim is being conducted numbers may be depleted. This will be a regular session until the pool closes for winter. Starts Sunday 15th of January.

Swan Hills Club Night

Tuesday evening, we are going to try and have our own Club night, hopefully starting at a 6.30pm, but as the squads are in the pool till 7pm we may have to gather from 6.30pm then start at 7pm. The program for this has not been decided and will depend on the swimmers attending for the first month or so. This starts on the 7th of February.

Swan Hills AUSSI Postal Swim

We have applied for and received sanctioning to hold our DO 45 Postal swim again next year. The swim will be conducted over January and February and still only costs \$10. Why not use it as a training swim if you are involved in the Rottneest Channel swim. More details available at Saturday aerobics.

2006 Be Active Club Challenge's (BACC's)

Targetted events for 2006 are as follows.

Melville BACC	Long course	2 nd April
State Swim	Long course	6/7 th May
Mandurah BACC	Short course	11 th June
Swan Hills BACC	Short course	2 nd July
Stadium Snappers BACC	Long course	15 th October
Somerset BACC	Long course	19 th November

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Do you need bathers?? We're looking into club bathers, ladies should be ~\$40. Training bathers slightly cheaper. How about a Swan Hills shirt to show off your loyalty at Interclubs? These are available through the Swan Hills Swimming Club, or a new Swan Hills swim cap? Sandra has these for only \$6.  
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Have you visited our related websites?? If not here are the addresses for you to add to your favourites.

<http://swanhillsaussi.tripod.com/index.html>

Our own website that gets updated whenever possible. ☺

<http://swanhillsswimclub.tripod.com/>

Swan Hills swimming Club website

<http://www.aussiwa.com.au/>

State AUSSI website with lots of useful State info.

<http://www.aussimasters.com.au/>

The National website - all the Rules, Results & Ranking etc