

25 January 2023

Dear Parents and Parent Liaisons,

RE: Secondary Swim Squad 2023

Secondary Swim Squad will continue in 2023 with an added morning session. The aim of the program will be to prepare students for both individual and team competition meets that are run throughout Semester 1 2023.

The program is designed for Years 7-12 students. This program is ideal for students who love the water and want to make swimming 'their sport'.

The swimming lessons will take place on the following days:

- **Tuesday mornings from 7.15am – 8.30am** at Ivanhoe Aquatic Banyule 25m Indoor Pool (170 Waterdale Road, Ivanhoe).
- **Thursday mornings from 7.15am – 8.30am** at Ivanhoe Aquatic Banyule 25m Indoor Pool (170 Waterdale Road, Ivanhoe).
- Students will be required to be dropped off at the venue at 7:00am and will be bused back to school at 9:00am, in time for period 1. The program will begin Week 1, Term 1 and run for Term 1 & Term 4.

Swim squad is a program designed for swimmers who are interested in maintaining their fitness and developing their technique in structured training sessions. Whether you want to improve fitness, or compete in the meet competitions, our Swim Squad will help you achieve your goals.

Sessions are run by qualified Austswim & WWCC registered swim teachers. Each session will be structured, consisting of a warmup, main set and cool down. Sets will focus on endurance, technique, and strength building.

Please note students who qualify for the interschool sports team will be required to attend the training sessions leading up to the event. EISM Division 3 Swimming Carnival **will be held on Monday 20 March at Aquanation, Ringwood, Reilly Street, Ringwood VIC 3134**

Students are to attend the program in their correct AGS sport uniforms and will be required to change into their bathers on arrival at the Leisure Centre. Students are to wear AGS bathers during this program. Please visit Noone Imagewear in East Ivanhoe for the correct uniform. Students will have the opportunity to get changed into their school uniform for the day.

Program Outline:

- Tuesday 7.15am - 8:30am at Ivanhoe Aquatic Banyule 25m Indoor Pool (170 Waterdale Road, Ivanhoe)
- Thursday 7.15am - 8.30am at Ivanhoe Aquatic Banyule 25m Indoor Pool (170 Waterdale Road, Ivanhoe).

Join AGS Secondary Swim Squad

Sign up or enquire about joining our Swim Squad program <https://forms.office.com/r/LJ7KUqUjmv>

Please contact Ms Olivia Rahme if you have any queries regarding the program.

Yours sincerely,



Olivia Rahme
Head of PE, Sport and Health P - 12