

SurfFIT

Gain a competitive edge in the off season with our **brand new fitness squad, SurfFIT!**

This squad is for junior athletes looking to improve and maintain their swim fitness for surf lifesaving, triathlons, water polo & open-water endeavours. Our experienced coaches will deliver sessions designed to complement and improve each athlete's ability in their chosen sport. It is the perfect squad for maintaining swim fitness and technique during the winter off season to get ahead of the competition.

Entry Requirements

Entry into this squad will require an assessment by one of our coaches. As well as meeting requirements for fitness and technical ability, athletes must meet the following;

- Minimum age - 10yrs
- Must be a registered member in either surf, triathlon, water polo or open-water swimming clubs.

MONTHLY MEMBERSHIP

2 SESSIONS PER WEEK: 90 / Month

3 SESSIONS PER WEEK: 110 / Month

Available Sessions	MON	TUES	WED	THURS	FRI
AM	5:45 – 7	5:45 – 7	5:45 – 7	-	5:45 – 7

Note: You must nominate the sessions you wish to attend – Subject to availability

Part Month Payments - If you can only swim for part of the month and wish to receive a discount on your monthly fees, the following prices will apply. Note that attendance for 3 weeks is the same as the full month rate, *See table below*. Part month changes are to be made at least 3 days before the direct debit date.

Weeks Attended	2 sessions per week	3 sessions per week
1	30	36.67
2	60	73.33
3	90	110

*1 session or more swam during a week counts as attendance for that week

No makeups – Unfortunately, if you miss a session you are enrolled in, you will not be provided with a makeup session.

The sibling discount will not apply to this squad.



SEE BACK TO GET STARTED

Getting Started: Assessment → nominate sessions → account setup

- 1) **Free assessment** – Prior to enrolling in SurfFIT, an assessment will be required to determine eligibility. Assessments are every Saturday at 12pm. Otherwise, call the centre to organise a more suitable time.
- 2) **Nominate your child's sessions** – let front reception staff know at the centre or call 49543300.
- 3) **Download the “Coughlan’s Swim School” App to set up your account!**
Use QR codes below or search “Coughlan’s Swim School” in your Appstore.



App Store - <https://apps.apple.com/us/app/coughlans-swim-school/id1621730740>

Play Store - <https://play.google.com/store/apps/details?id=au.com.coughlans.icp>

Alternatively, you can login and create your account through the customer portal link on our website (Coughlans.com.au), then continue to follow the steps below.

1. **Add Students** (if you have students in other squads, please add them as well)
2. **Add Payment Information (Account > Payment info > “Add Payment Info”)**
All members must be set up for Direct Debit. Unfortunately, no other payment method will be accepted.



Terms and Conditions

- Funds will be direct debited from your nominated account on the 1st of every month.
- For any changes to your child's enrollment please contact us at least 3 days before the direct debit date so we have time to apply these changes. See front office or call 49543300.
- All squads must be set up for Direct Debit. Unfortunately, no other payment method will be accepted.
- Please ensure you have available funds in your account and have correct payment information entered. Failed Transaction Fee = \$5.50
- Monthly squad fees cannot be transferred to the following month (or future months).
- Monthly fees are based on a 28 day month. Extra days are considered a bonus.
- If you intend to swim for part of the month and wish to receive a discount on monthly fees, please contact us at least 3 days before the direct debit date so we have time to apply these changes. See “Part Month Payments” table above for prices.
- Refunds will not be given for changes made after the direct debit date (1st of month)