

## FAST Squad

FAST squad is for swimmers who wish to maintain a base swimming fitness in a fun and casual environment. Competition requirements for swimmers in this squad are flexible as they are only required to attend a few club-organised meets throughout the year. FAST Squad is offered three times per week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM			5.30-7.30			9.00-10.30	
PM		5.00-6.30		4.30-6.30			

**COACH** – Harry Potocnik - [harry.potocnik@gmail.com](mailto:harry.potocnik@gmail.com)