



FREE TRIAL MEMBERSHIP*

To take advantage of this free trial offer we require some basic and emergency contact information. Please fill out and return to the coach prior to your first session.

FIRST NAME

LAST NAME

TELEPHONE

EMAIL

Emergency Contact Information

EMERGENCY CONTACT

EMERGENCY PHONE

PLEASE TICK IF YOU'D LIKE TO RECEIVE CLUB UPDATES VIA EMAIL

*Trial membership is valid for one calendar month from the time of your first session and valid for four session only.

Safety in Activity Masters Swimming is concerned about your health and well being. It is strongly recommended that you have a medical examination and discuss with your doctor your intention of undertaking an activity program.

Declaration I, the undersigned, as a condition of acceptance of my trial membership, declare that I am aware of the risks associated in undertaking an activity program. I undertake to advise the Club Coach or Club Safety Officer (or other designated officer) of any disability, lack of fitness, illness, or other medical condition, prior to participation in Masters Swimming activities.

SIGNATURE

DATE

GROUP TRAINING TIMES

The Orcas train at Aqualink Nunawading three times a week.

Monday (3 lanes)

8:30 – 9:45pm

Wednesday (2 lanes)

8:30 – 9:45pm

Friday (3 lanes)

7:30 – 9:00pm

JOIN THE POD

Interested in joining the Orcas? Download an application form from our website or speak to our coach pool side on the allocated training days.

Coach

Alan Godfrey
alan@griffingoldfitness.com

During training times Alan is available at pool side to help with any enquiries or call 0410 356 553

Club Registrar

Greg Palmer
greg@paltech.com.au
Telephone 9212 7711 (BH)

www.orcas.org.au
www.facebook.com/Nuna.Orcas
www.twitter.com/nunaorcas



join the pod

Fun, Fitness & Competition

Masters Swimming
Aqualink Nunawading

Free trial sessions!

Enjoy your first four

sessions free.

www.orcas.org.au



For the latest, follow us on Facebook:
www.facebook.com/Nuna.Orcas



- » Are you over 18 years old?
- » Want to keep fit or simply swim with friends?
- » In need of swim coaching or stroke correction?
- » Want to improve your lap times?
- » Or take part in bay swims?

If the answer is 'yes' to any of these questions then this opportunity could be for you.

Swimming in a group will not only provide a more enjoyable and rewarding experience, but coaching and technique correction can maximise your strength gains and swimming efficiency. Stroke correction is mainly by way of group drills with some personalised advice from the coach.

Swimming provides a great cardiovascular workout, which not only burns those unwanted calories, but also keeps the heart in good condition.

Swimming is a non contact sport which protects the joints and thus minimises joint complications that occur with running and aerobics.

Come down and be part of it.
Suitable for swimmers aged from 18 to 60+
Swimmers are in 3 groups to cater for a wide range of skill and fitness levels.

COSTS

Annual Membership Fee*

\$104.00 (Youth Membership \$84, must be under 25 as at 31 December 2017)

Coaching Fees*

Term Fees

\$50 – 1 session/week

\$90 – 2 or 3 sessions/week

Or

10 Session Pass

\$55 for a 10 session pass to be used within 12 months of issue.

Training held during school terms only.

*Fees excludes pool entry

Further Information

secretary@orcas.org.au

Or during training times speak to one of our friendly members pool side to help with any enquiries.

1
trial session

First training session

Admin use only

COMMENCEMENT DATE: D D / M M

MON WED FRI

2
trial session

Second training session

Admin use only

SECOND SESSION DATE: D D / M M

MON WED FRI

3
trial session

Third training session

Admin use only

THIRD SESSION DATE: D D / M M

MON WED FRI

MEMBER FORM SUPPLIED YES NO

4
trial session

Fourth training session

Admin use only

FINAL DATE: D D / M M

MON WED FRI

MEMBER FORM RECEIVED YES NO