

SurfFIT

Gain a competitive edge with our **elite 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: 95 / Month

3 SESSIONS PER WEEK: 120 / Month

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

Make-Ups

Make-up tokens are offered as a courtesy to support our swimmers' ongoing development and are **managed exclusively via your customer portal**.

While we strive to offer a flexible solution for times when you cannot attend your session, tokens are subject to class availability, and the terms outlined in our **make-up policy and procedures** →

More information about make-ups can also be found on your customer portal



**SCAN OR CLICK
FOR MORE INFO**



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 by Coach Michael to determine eligibility.
2. **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.



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.

3. **Add Students** (if you have students in other squads, please add them as well)
4. **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.



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 7 days before the direct debit date.

Weeks Attended	2 sessions per week	3 sessions per week
1	31.67	40
2	63.33	80
3	95.00	120

*1 session conducted during a week counts as attendance for that week

Terms and Conditions

- Funds will be direct debited from your nominated account on the 1st of every month.
- All members must be set up for Direct Debit. Unfortunately, no other payment method will be accepted.
- Monthly fees are based on a 28 day (4 week) month. Extra days are to be considered a bonus.
- For any changes to your child’s enrollment please contact us at least **7 days** before the direct debit date so we have time to apply these changes. See front office or call 49543300.
- 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).
- Swimmers must adhere to make up policy (above) to avoid congestion.