

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: 100 / Month

3 SESSIONS PER WEEK: 130 / Month

Available Sessions	MON	TUES	WED	THURS	FRI
AM	5:30 – 7	5:30 – 7	5:30 – 7	5:30 – 7	5:30 – 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, our make-up policy, and are provided at our sole discretion. Make-up tokens do not form part of your fees or enrolment entitlement.

More information about make-ups can also be found via your Customer Portal or by following the link →



**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.



Terms and Conditions

- Funds will be direct debited from your nominated account on the 1st of every month.
- 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 enrolment, please contact us by the 24th of the month prior to the next direct debit so we have time to process these changes. This includes part month charge arrangements. Please see front office or call 49543300.
- All members 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).