



Geraldton Amateur Swimming Club Welcomes You!

Our club's goal is to develop all four competitive swimming strokes safely and focus on short term and long-term development. Throughout your swim journey GASC aims to improve your water confidence, fitness, encourage healthy competition whilst providing a family friendly social environment.

To get started you need to have completed the VAC Stage 5, a squad assessment, a desire to improve your swimming skills and being part of a team. We hold time trials to help you monitor your progress throughout the term, semester or year.

Our **Club Calendar** can be found on the **GASC Information Board** beside the Aquarena Indoor 25m pool.

Meets targeted:

- *Moora Open* - Meet aimed at Regional Clubs, 5th of February 2023
- *Country Pennants* - Held in a different WA location each year (Northam 2023)
- *Country Championships* - Regional Clubs can only register for this event. This meet is held at HBF Challenge Stadium Perth, annually (1st weekend in January)
- *Geraldton Short Course Classic* - All WA Clubs are welcome to register. Our event is held annually (June long-weekend)

You can travel anywhere in the State to compete if you are interested, but it is not compulsory. You may wish to swim with GASC for your own personal goals and fitness levels but we do however encourage our members to participate in our club days to help you monitor your progress.

How To Register With GASC

New Swimmers need to be registered with both GASC and Swimming WA.

To register with GASC, new and returning swimmers will be sent a GASC registration form link. Please fill in the required information and click submit when completed.

To register for Swimming WA membership, visit [My Swim Results](#) and select Geraldton Amateur Swimming Club in the 'find a club' list. Fill out your new member details.

For those under 18, a parent will need to register too (Parent/Guardian membership cost \$5).

More information on Swimming WA membership categories and why membership is important can be found here: <https://wa.swimming.org.au/come-swim-with-us/202223-membership-categories>

Our Squads

We have 5 training squads: Green, Blue, Bronze (+ Bronze Invitational), Silver and Gold. Each squad is based upon the swimmer's ability. We welcome all new swimmers to an individual assessment with our Coach, who will allocate the swimmer to a squad.

Training Times

GASC TERM 2 TRAINING SCHEDULE 2023

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GOLD	AM	0600-0705		0600-0705		0600-0705	0900-1030 ⁺
	PM	1545-1645	1645-1830 ^{**}	1545-1645	1645-1830 ^{**}	1545-1700 ^{**#}	

SILVER	AM	0600-0705		0600-0705		0600-0705	0900-1030 ⁺
	PM	1545-1645	1645-1830 ^{**}	1545-1645	1645-1830 ^{**}	1545-1700 ^{**#}	

BRONZE	AM	060-0705				0600-0705	0900-1030 ⁺
	PM	1545-1645	1545-1645	1545-1645	1545-1645	1545-1700 ^{**}	
DRYLAND	PM		1645-1715 ^{**}		1645 - 1715 ^{**}		

BLUE	AM					0605-0705	
	PM	1545-1645	1545-1645		1545-1645		

Green	PM		1545-1645		1545-1645		
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*Dryland training included in this session

⁺Sessions are aimed at swimmers wishing to compete at Regional and Metro Meets

[#]Skills sessions

Coaching Fees

Our fees are as follows:

Green Squad	Term \$135	Semester \$250
Blue	Term \$165	Semester \$290
Bronze	Term \$190	Semester \$340
Silver	Term \$210	Semester \$375
Gold	Term \$230	Semester \$420

We encourage you to talk with your coach about your personal goals and how many sessions to attend.

Receiving Invoices for squad fees

The club treasurer will email all members an invoice once GASC registration has been completed before the new Term/Semester commences. All fees include training throughout the school holidays. Payment plans are available upon request with the club treasurer.

Contact Us:

Please visit our club Facebook, Instagram pages and follow our club www.facebook.com/GeraldtonASC

Please browse our web page www.gasc.club

If you have any further queries, please feel free to contact us:

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