



DICK CAINE'S OLYMPIC POOL & GYMS CARSS PARK AUSTRALIA

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proudly sponsored by www.teamcaine.com.au & **GEORGES RIVER COUNCIL**

Carss Park Pool & Gym is open to the Public and Family 7 Days per week
(5am-8pm Monday to Fridays — 5.30am - 5.30pm on Saturdays — 7am - 5pm Sundays)

Why get out of bed, waste your time and money for no results or improvement - compare Dick Caines tributes & achievements galleries on www.teamcaine.com.au

Join TEAM CAINE & improve, achieve, get results! Be coached & prepared by Dick Caine, the coach of Olympic, World & Commonwealth champions. Train with Dick & still compete for club of your choice!

2016-2017 GYM MEMBERSHIP

NO INCREASE IN JOIN UP OR VISIT FEES Still \$325 for 12months + get a free Team Caine Training Singlet. **Still only \$5 a visit** with no bank debit and no contracts!

BIG DISCOUNT FOR PAST MEMBERS

For past members (2014/2015), rejoining before 1st June there is **\$25 off the Join Up fee plus a new \$25 Team Singlet**

GOLD MEMBERSHIPS

\$950 for the full year. Full use of all pools & 3 gyms - 7 days a week.

FAMILY DISCOUNT

No increase in fees - it's the same as last year. **1st Family Member Join up fee is \$325 and then all other immediate family members (on showing ID) get \$50 off the Join Up Fee. Visit fee is still only \$5.**

Carss Park Pool & Gym is open to the Public and Family 7 Days per week

5am-8pm Monday to Fridays • 5.30am - 5pm on Saturdays • 7am - 5pm Sundays

SWIMMING TEAMS

Please note that there is \$28 join up fee to join any Swim team (no matter if Gold or Beginner). Your join up fee will provide you with a professional swim assessment and a TEAM CAINE SHIRT. These TEAM CAINE colours have been worn by World & Olympic champions and are the uniform required to be worn by the team members. (NB: This is a one off fee joining fee and normal fees are charged after.)

IMPORTANT: Only Gold Team or Adult Team can train Saturday unless you are prepared to pay the extra \$20 for the 1.5-2hr session, no exceptions.

■ GOLD TEAM

National, State Pool and Surf Teams.
11 sessions per week
**Includes 5.30am Saturday.
1st Member: \$190 per month
2nd Member: \$170 per month
All others: \$165 per month

■ JELLYFISH

- Must swim 25mtrs. 4 sessions per week.

4pm M,T,W,TH No Saturday
1st member: \$160 per month
2nd Member: \$140 per month
All others: \$130 per month

■ SILVER TEAM

10 Sessions per week
**6am Saturday
1st Member: \$180 per month
2nd Member: \$160 per month
All Others: \$155 per month

■ PART TIME

These fees must be paid every Monday in advance. No receipt or stamp = no training.
2 sessions per week: \$150
1 session per week: \$20

■ BRONZE TEAM

- Choice of 7 sessions instead of 4.

Times = 4pm M,T,W,TH & 6am M, W, F,
1st Member: \$170 per month
2nd Member: \$150 per month
All others: \$140 per month

■ ADULT TEAM

\$165 per month
\$20 per session

*** Fees include 7 days/per week use of 3 gyms**

Special for SQUAD ONLY PARENTS - instead of \$165 per month you pay only \$120 per month for coaching, 3 gyms and Pool.

Team Uniform & equipment - Every team member must have a team fleecy hoodie, cossie or long sleeve shirt. You will need a cap, cossie, flippers. Hand paddles and snorkel for Gold, Silver and Adult.

Look up www.teamcaine.com.au to see the champions who were proud to wear the Team Caine uniform. **Also check out Dick Caine's record Gallery tributes at www.teamcaine.com.au** Family discounts apply on fees and uniform. Your fees include 7 days/week use of a heated pool & 3 fully equipped gyms.

Check out Dick's record gallery tributes on www.teamcaine.com.au

OPEN TO EVERYONE 7 DAYS PER WEEK



- Heated Olympic pool, baby's pool. Fully equipped Cardio-Weights-Boxing gyms.
- Same gym as used by Olympic, World & National Champions.
- Same pools and gyms used by Dick Caine teaching families for the past 48 years

LEARN TO SWIM

DICK'S "LEARN TO SWIM SCHOOL" HAS BEEN TEACHING THE MOST TIMID CHILD OR ADULT, THE LIFE SAVING AND WONDERFUL ART OF SWIMMING

All Learn to swim class prices stay the same for the 2016/2017 season, however there will be an initial join up fee of \$28. This join up fee will provide you with a professional swim assessment and a TEAM CAINE SHIRT.

CHILDREN OVER 3 YEARS

- 5 sessions a week for \$66
- 4 sessions a week for \$60
- 3 sessions a week for \$50
- 2 sessions a week for \$35

WEEK DAY ADULT SESSIONS – \$25.00

All sessions take place Monday to Thursday from 5.30 or 6.00pm.

- CONDITIONS**
- ALL Teams and Learn to swim must be assessed
 - NO bookings over the phone, you must come to the pool.
 - All fees are paid one month in advance

— ALL TEAMS GET 7 DAYS/PER WEEK FREE USE OF GYMS —

"NEW" - BOBBY BURNS PARENTS & ADULTS FITNESS CLASSES

AVAILABLE ONLY WHILST PARENTS HAVE A CHILD IN ONE OF OUR TEAMS. 5.45am Tuesday & Thursday, 7am Saturday. Not \$14 but only \$8 - pay at the gate. You can sit around & let your bum get bigger or join Bob for 8 bucks!

HAVE A GREAT FAMILY DAY OR BIRTHDAY

POOL ENTRY: ADULTS \$7 & CHILDREN \$6 AND 10% FAMILY DISCOUNT

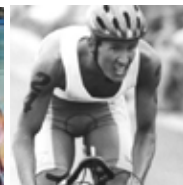
Stay all day and enjoy the heated Olympic or baby's pool. Our facility also has for your enjoyment a Big Kids Jumping Castle, Kiosk, picnic settings, plenty of undercover shade and a Life Guard to ensure your safety.

- Cardio - Boxing - Weights gyms entry: Adults only \$14 & kids \$6 for the whole day.
- Entry for both Pool and Gym - Adults \$6.50 and Kids \$5.20

ALL THESE CHAMPIONS CHOSE AND TRAINED WITH DICK AT CARSS PARK OLYMPIC POOL AND GYMS



Olympian and World Champion
Michelle Jones



Olympian and World Champion
Chris McCormack



Olympian and World Champion
Janelle Elford



Olympian and World Champion
Michelle Ford



Olympian
Stacey Gartrell



Olympian
Karen Phillips



Suzie Maroney on "This is Your Life"
with her coach Dick Caine

Carss Park Pool is open to families and the public 7 days a week. We run both squad and learn to swim classes for children and adults. Come down and see for yourself why Dick Caine has been the coach of over 17 World & Olympic champions.

Check out Dick's record gallery tributes on www.teamcaine.com.au