

# Squad Training Groups

Squad Level	Description
<b>Junior</b>	<p>The Junior Squad builds upon the fundamental swimming skills and developing your child's ability to learn how to train and develop a love for the sport through having fun. The primary focus is on learning competitive stroke and race techniques, with an emphasis on stroke technique, teamwork, basic training etiquette and discipline. Recommended to attend at least 2 sessions a week.</p>
<b>Bronze</b>	<p>The Bronze Squad is designed for swimmers competing at a Brisbane and State Level. The Bronze Squad is the entry group into our competitive-focused squads for swimmers aged 10 and over. Recommended to attend at least 3 sessions a week.</p>
<b>Silver</b>	<p>The Silver Squad is for State and National qualifiers 12 years and over. Squad sessions maintain an emphasis on stroke technique while incorporating more aerobic endurance, racing skills and dry land sessions. It aims to continue developing swimmers' conditioning for competition and create training habits and behaviours that give athletes the highest chance of long-term success. Recommended to attend at least 5 sessions a week.</p>
<b>Adult</b>	<p>The Adult Squad welcomes adult swimmers of all levels and abilities. Adult squad swimmers may be training for Masters, Ocean Swims, Triathlons or just want to increase their general fitness. These sessions help swimmers improve their swimming performance and technique to achieve any goal.</p>

For more information on our program fees and our coaching team visit [northlakesaquaticcentre.com.au/swim-squad](http://northlakesaquaticcentre.com.au/swim-squad) Ph 07 3518 3441

## SQUAD TIMETABLE

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior		5:45 - 7:00		5:45 - 7:00		7:00 - 8:30
Bronze		5:30 - 7:00		5:30 - 7:00		7:00 - 8:30
Silver		5:30 - 7:00		5:30 - 7:00		7:00 - 8:30
Adult		5:30 - 6:30		5:30 - 6:30		6:00 - 7:00

PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior	3:30 - 4:30	3:30 - 4:30	3:30 - 4:30	3:30 - 4:30	3:30 - 4:30	
Bronze	4:30 - 6:00	4:30 - 6:00	4:30 - 6:00	4:30 - 6:00	4:30 - 6:00	
Silver	4:30 - 6:00	4:30 - 6:00	4:30 - 6:00	4:30 - 6:00	4:30 - 6:00	
Adult	6:00 - 7:00		6:00 - 7:00			

### Join our Squad

We are always keen to welcome new swimmers to our Rackley team, especially those who like the joy of racing at any level. Scan the QR code to book a squad trial session/assessment.

