

Squad Training Groups

Squad Level	Description
Junior	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 2 - 4 sessions a week.
Bronze	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 4 sessions a week.
Adult	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.

Technique Spotlight Sessions

Come and join us for our weekly Technique session on Saturday mornings from 8:00 - 9:00am (on non-meet weekends) to practice all things dive and turns! Let us get you race ready for a speedy swimming season. This is open to any swimmer in Mini Squad, Junior Squad, Bronze Squad, and Adult Squads.

These sessions are **FREE** to current squad members!

See you there!

For more information on our program fees and our coaching team visit chermsidepool.com.au/swim-squad Ph 07 3054 4305

SQUAD TIMETABLE

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

PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior	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		
Adults	5:30 - 7:00	5:30 - 7:00	5:30 - 7:00	5:30 - 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.

