



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 at least 2 sessions a week. |
| Silver | The Silver 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 6 sessions a week. |
| Gold and National | The Gold Squad is for our National Age and Open swimmers, 14 years and over, who are dedicated to the sport and have personal ambitions to compete at the highest level in swimming. This program has been seasonally designed for peak performance at both Long Course State and Age Nationals, as well as State and National Surf / Pool Rescue competitions. Moving into this squad is at the coaches discretion. Recommended to attend at least 7 sessions a week. |

For more information on our program fees and our coaching team, visit <https://www.cityaquaticsandhealth.com.au/coomera/swim-squad>
Ph 07 5655 3323

SQUAD TIMETABLE

| AM | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|-------------|---------|-------------|----------|-------------|-------------|
| Junior | 7:00 - 8:00 | | 7:00 - 8:00 | | 7:00 - 8:00 | 8:30 - 9:30 |
| Silver | 7:00 - 8:00 | | 7:00 - 8:00 | | 7:00 - 8:00 | 8:00 - 9:30 |
| Gold | 5:00 - 7:00 | | 5:00 - 7:00 | | 5:00 - 7:00 | 6:00 - 8:00 |
| National | 5:00 - 7:00 | | 5:00 - 7:00 | | 5:00 - 7:00 | 6:00 - 8:30 |

| PM | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|-------------|--------------|-------------|--------------|---------------|----------|
| Junior | 3:30 - 4:30 | 3:30 - 4:30 | 3:30 - 4:30 | | 3:30 - 4:30 | |
| Silver | 3:30 - 5:00 | 3:30 - 5:00* | 3:30 - 5:00 | 3:30 - 5:00* | 3:30 - 5:00 | |
| Gold | 4:30 - 6:30 | 4:00 - 6:30* | 4:00 - 6:00 | 4:00 - 6:30* | | |
| National | 4:30 - 6:30 | 4:00 - 6:30* | 4:00 - 6:00 | 4:00 - 6:30* | 3:45 - 5:15** | |

* contains a dry land session

** invited on a rotational basis

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.

