

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00 AM			Gold (2hr)		Gold (2hr)		
			National (2hr 30min)		National (2hr 30min)		
06:00 AM						Gold (2hr)	
						National (2hr 30min)	
07:00 AM			Silver (1hr)		Silver (1hr)		
			Junior (1hr)		Junior/APS (1hr)		
08:00 AM						Silver (1hr 30min)	
08:30 AM						Junior (1hr)	
09:00 AM							
03:30 PM		Silver (1hr 30min)	Silver (1hr 30min)	Silver (1hr 30min)	Gold (1hr 30mins)		
		Junior (1hr)	Junior (1hr)	Junior (1hr)	Silver (1hr 30min)		
					Junior (1hr)		
03:45 PM							
04:30 PM		Gold (2hr)	Gold (2hr)	Gold (2hr)			
		National (2hr 30min)	National (2hr 30min)	National (2hr 30min)			
		Squad Dry Land (30min)		Squad Dry Land (30min)			



CLASS DESCRIPTIONS

SILVER SQUAD COOMERA

The Silver squad is designed for swimmers who wish to compete at a high standard at competition with the goal of qualifying for Gold Coast District and State level competitions. The sessions are based on all four strokes. The program will develop both aerobic and anaerobic systems, which is important for all ages of athlete. The Silver squad will have a large technique and kick focus. Swimmers will continue training in all four strokes and will be required to meet the training standards, as it is important for all swimmers to develop strong foundations in each of the strokes. Each stroke will be developed through specific kick, drill, speed and endurance sets. *Equipment required - flippers, paddles, pull buoy, kickboard and hand paddles. Swimmers should be on deck at least 5mins prior to session start time and bring a water bottle. Coach Communication : Please do not approach coaches whilst on pool deck during squad sessions If you need to discuss matters with coach Head Coach John Robinson is generally available during 3.15 -3.30pm or email john@rackleyswimming.com to arrange a time to meet.

DRYLAND COOMERA

This Dryland session helps swimmers learn and develop activation exercises, stretches and strength for Squad Training

JUNIOR SQUAD COOMERA

Fun & safety is the primary objective of all Junior swimming, coincidentally it is reason we 'learn to swim' initially. Junior Squad is designed for children predominately 6 years and older, and is targeted at swimmers that have completed all the skills associated with learn to swim lessons. Junior Squad's focus is 1-2 key concepts every session, and swimmers within each individual session will be allocated to the lane & group that provides the optimal learning environment. Coach Communication : Please do not approach coaches whilst on pool deck during squad sessions If you need to discuss matters with coach Head Coach John Robinson is generally available during 3.15 -3.30pm or email john@rackleyswimming.com to arrange a time to meet.