



Squads Program

Seniors

The Senior squad is targeting elite performance and representative honours. Training will be based on specific requirements for athletes to achieve peak performance at major national and international events. A support network of external professionals (physio, nutrition, gym) has been established for athletes to further develop their overall preparation

Juniors

The Junior program is focused on developing young swimmers into a higher level of competitive athlete. Swimmers are required to undertake increased training volume as they start to set competitive goals for their respective sports and chase selection in junior representative teams.

Requirements for progression to Senior Squad;

- 16 x 100 (1.30)
- 4 x 200 IM (3.30)

Chargers (approx. ages 9 and up)

This squad is aimed at older primary students and early high school students. The *Chargers* squad, is the next level up from the *Stroke Development* levels. Chargers are be required to complete the following session before progressing into the *Junior Squad*. 16 x 50 (60)

- 4 x 100 IM (2.30)

Seniors	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5am – 6.45am	5am – 6.45am	5am – 6.45am	5am – 6.45am	5am – 6.45am	7 - 9am
PM	4.15pm-6.15pm	4.15 -5.15pm (skills) 5.30pm Club night	4.15pm-6.15pm	4.15pm-6.15pm		

Juniors	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5.30am – 7.15am	5.30am – 7.15am	5.30am – 7.15am	5.30am – 7.15am	5.30am – 7.15am	7 – 9am
PM	4.15pm-6pm	4.15 – 5.15pm (skills) 5.30pm Club night	4.15pm-6pm	4.15pm-6pm		

Chargers	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	6.45am-7.45am	5.30pm Club night	6.45am-7.45am		6.45am-7.45am	7 -8am
PM	3.00pm-4.00pm	3.00pm - 4.00pm	3.00pm-4.00pm	3.00pm-4.00pm	3.00pm-4.00pm	
PM	3.30pm-4.30pm	3.30pm-4.30pm	3.30pm-4.30pm	3.30pm-4.30pm	3.30pm-4.30pm	

Adult Fitness	Monday	Tuesday	Wednesday	Thursday	Friday
AM	7-8am	7-8am	7-8am	7-8am	7-8am
AM	9 – 10am	9 – 10am		9 – 10am	9 – 10am

Adults Fitness Low impact fitness training for all levels of swimmers with the aim of increasing aerobic capacity and assisting people achieve their health or sporting goals. With at 7.15am and 9am sessions available, shift workers, busy mums or late risers there is no excuse to not punch out a few laps.