

Squad Training Groups

Squad Level	Description
Junior	Building upon the fundamental swimming skills and developing your child's ability to learn how to train and help them develop a growth mindset and a love for the sport through having fun. Swimmers will be introduced to a variety of racing opportunities as they continue to master the four competitive strokes and gain greater proficiency in turns, starts and finishes. Swimmers are strongly encouraged to join the Rackley Swim Team for competitions and club nights Equipment required - kick board, flippers, pull buoy, water bottle. Recommended to train a minimum of 2-3 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. For swimmers in Bronze, they are required to join the Rackley Swim Team and race competitively. Equipment required - kick board, flippers, pull buoy, snorkel, finger paddles, water bottle Recommended to attend at least 4-5 sessions a week.
Silver	Designed for swimmers already competing at a State level, in silver squad we focus on encouraging the lifelong love and appreciation of swimming as we introduce the swimmers to more rigorous training, preparing them for competition at a state level. Squad sessions at Silver Level maintain an emphasis on stroke technique while incorporating more aerobic endurance, racing skills and Gym sessions. It is aimed at continuing to develop swimmer's conditioning for competition but also creating training habits and behaviours that give athletes the highest chance of long-term success. In Silver Squad, it is a mandatory requirement for swimmers to join the Rackley Swim Team and race competitively. Equipment required - kick board, flippers, pull buoy, snorkel, finger paddles, water bottle Recommended to attend at least 5 sessions a week.
Gold	The Gold Squad is for our National Age and Open swimmers, who are dedicated to the sport and have personal ambitions to compete at the highest level in swimming. Moving into this squad is at the coaches discretion. In Gold Squad, it is a mandatory requirement for swimmers to join the Rackley Swim Team and race competitively. Equipment required - kick board, flippers, pull buoy, snorkel, paddles, band, parachute, water bottle Recommended to attend at least 7 sessions a week.
Senior	This Senior Squad is aimed at swimmers at a Bronze level and above who wish to continue to progress with their swimming for fitness but not competition. Offering three gym & swim sessions a week, it is a great opportunity for multi-sport athletes to build up fitness and strength in a more relaxed environment. For swimmers to gain the most out of their training, it is recommended they attend at least two sessions a week

For more information on our program fees and our coaching team visit hibiscusaquaticcentre.com.au/swim-squad Ph 07 3054 4374

SQUAD TIMETABLE

Effective Monday 18th May 2026

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior	6:30 - 7:45		6:30 - 7:45			8:30 - 8:45 - G 8:45 - 10:00 - S
Bronze				6:00 - 7:30	6:30 - 7:30	8:30 - 10:00
Silver		5:30 - 7:30		5:30 - 7:30		6:30 - 8:30
Gold	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30		5:30 - 7:30	6:15 - 8:30 - S 8:30 - 9:30 - G
Senior						
Adult	5:30 - 6:30		5:30 - 6:30		5:30 - 6:30	

PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior	3:45 - 5:00	3:45 - 5:00	3:45 - 5:00	3:45 - 5:00	3:45 - 5:00	
Bronze	3:45 - 5:00 - S 5:15 - 6:00 - G	3:45 - 5:30	4:00 - 5:00 - G 5:30 - 6:30 - S	3:45 - 5:30	3:45 - 5:00	
Silver	5:00 - 7:00	4:00 - 5:00 - G 5:00 - 7:00 - S	3:45 - 5:30		4:00 - 5:00 - G 5:00 - 6:30 - S	
Gold	4:00 - 5:00 - G 5:00 - 7:00 - S		5:00 - 7:00	4:00 - 5:00 - G 5:00 - 7:00 - S		
Senior	4:00 - 5:00 - G 5:00 - 6:00 - S	5:00 - 6:00 - S	4:00 - 5:00 - G 5:00 - 6:00 - S	4:00 - 5:00 - G 5:00 - 6:00 - S		
Adult		7:00 - 7:45		7:00 - 7:45		

G = Gym | S = Swim | Gym sessions are mobility based for Junior & Bronze Squads. For all other squad, these sessions will be in the gym, but is subject to change.

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.

