RACKLEY SQUAD SWIMMING CALOUNDRA

Squad Training Groups

Squad Level	Description
Junior	The Junior Squad is the first squad beyond the Learn-to-Swim Program and provides opportunities for junior swimmers to strengthen the foundations of competitive technique and skills learnt in Learn to Swim. The sessions continue to focus on the education of competitive technique and race skills in an environment that encourages consistency, learning and enjoyment of training and racing. Swimmers will improve technique across all strokes, develop starts and turns and learn to train in a squad setting. The squad caters for athletes primarily aged between 7 and 12 years old who are beginning their competitive swimming journey in a fun, friendly and educational environment.
Bronze	The Bronze Squad starts to increase the intensity and duration of training, whilst strengthening the foundations of competitive technique and skill. To qualify to train in this squad they must join the Pelican Waters Caloundra Swimming Club to be able to compete. They are exposed to numerous competitions throughout the year and should be aiming to achieve state short course or long course age qualifying times. The squad caters for athletes primarily aged between 10 and 13 years of age who are beginning their competitive swimming journey.
Fitness	The Senior Squad is designed for high school multi-sport athletes and non-athletes. Sessions are targeted to help swimmers develop skills and fitness for cross training. This squad is ideal for students who wish to improve their general swimming fitness.
Silver	The Silver Squad is designed for swimmers who have achieved state qualifying times or demonstrating the level of commitment that is required to swim at this level Squad sessions maintain an emphasis on stroke technique while incorporating more aerobic endurance, racing skills and dry and 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. The squad caters for athletes primarily aged between 11 and over.
Gold	The Gold Squad is a performance-based squad who is designed for national swimmers or swimmers demonstrating the level of commitment that is required to swim at this level. Swimmers in the gold squad are dedicated to the sport and have personal ambitions to compete at the highest level in swimming. Moving into this squad is at the coach's discretion. To be eligible to the Gold Squad the swimmers must at least hold a LC Queensland State qualifying time.
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.

Join the Squad! Scan to Book an Assessment

We are always keen to welcome new swimmers to our Squad, especially those who like the joy of swimming. Scan the QR code for more information and to book a squad trial session/assessment. Alternatively, you can email the Head Coach at Caloundra.HC@RackleySwimming.com.au or call (07) 5208 9180.

RACKLEY SQUAD SWIMMING

CALOUNDRA

Effective 1st June, 2026		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JUNIOR	**AM**		6:00 - 7:00		6:00 - 7:00		
	PM	3:30 - 4:30	3:30 - 4:30	3:30 - 4:30	3:30 - 4:30	4:00 - 5:00	
BRONZE	**AM**	6:00 - 7:30 *Dryland & Swim*	6:00 - 7:30		6:00 - 7:30		
	PM	3:30 - 5:00	3:30 - 5:00	3:30 - 5:00	3:30 - 5:00	4:00 - 5:30	
SILVER	**AM**		5:00 - 7:00		5:00 - 7:00	5:00 - 7:00 *Dryland & Swim*	6:00 - 8:00
	PM	4:30 - 6:30 *Dryland & Swim*	4:30 - 6:30 *Dryland & Swim*	4:30 - 6:30 *Dryland & Swim*	4:30 - 6:30 *Dryland & Swim*	4:00 - 6:00	
GOLD	**AM**	5:00 - 7:00	5:00 - 7:00 *Gym & Swim*		5:00 - 7:00 *Gym & Swim*	5:00 - 7:00	6:00 - 8:30
	PM	4:30 - 6:30	4:30 - 6:30	4:30 - 6:30	4:30 - 6:30	4:00 - 6:00	
ADULT	**AM**	7:30 - 8:30	7:30 - 8:30		7:30 - 8:30		8:30 - 9:30
	PM	6:00 - 7:00*	6:00 - 7:00		6:00 - 7:00		
FITNESS	**AM**	6:00 - 7:00	6:00 - 7:00		6:00 - 7:00		

**Monday evening sessions will be in the 25m pool, and on occasion, other sessions may also run in the 25m pool.*

GET RACING WITH PWCSC!

At Rackley Swimming Caloundra, we strongly encourage all squad swimmers to join the resident swim club, **Pelican Waters Caloundra Swim Club (PWCSC)**. Club membership provides swimmers with the opportunity to participate in regular club nights, develop their racing skills at swim meets, and enjoy being part of a supportive community.

Through PWCSC, swimmers can access a range of competition opportunities, from local meets through to Queensland and national-level events. To learn more about the club, upcoming events, and membership opportunities, please visit the **PWCSC Website**.

Pelican Waters Caloundra Swim Club accepts the Queensland Government's **PlayOn! Vouchers** - these can be used towards a swimmer's annual competitive membership. For more information on how to apply for a PlayOn! Voucher, please visit https://www.qld.gov.au/recreation/sports/funding/playon

NOTE: It is a requirement for Bronze, Silver, and Gold Squads to be active members of the PWCSC.