RACKLEY SQUAD SWIMMING

BEAUDESERT

SQUAD TRAINING GROUPS

Squad Level	Description
Junior **$75 per fortnight**	The Junior Squad focuses on developing fundamental swimming skills, teaching competitive stroke and race techniques. Recommended attendance is 2-4 sessions weekly. Membership fees include unlimited training in Junior Squad, plus access to all the City Aquatic facilities for recreational swimming purposes.
Bronze **$80 per fortnight**	The Bronze Squad is for swimmers 10 and over, developing racing skills as they continue to master the four competitive strokes and gain greater proficiency through advanced drills and techniques. Recommended attendance is 3-5 sessions. Membership fees include unlimited training in Bronze Squad, plus access to all the City Aquatic facilities for recreational swimming purposes.
Silver **$90 per fortnight**	The Senior Squad maintains an emphasis on stroke technique while incorporating more aerobic, endurance, racing skills, and dry land sessions. It is also suited to high school multi-sport athletes. Recommended attendance is 5 - 6 sessions a week. Membership fees include unlimited training in Senior Squad, plus access to all the City Aquatic facilities for recreational swimming purposes. plus access to all the City Aquatic facilities for recreational swimming purposes.
ATOM **$52 per fortnight**	The Adult Squad welcomes adult swimmers of all levels and abilities. Adult squad swimmers may be training for Masters, Ocean Swims, Triathlons, or looking to boost their general fitness. These sessions help swimmers improve their performance and technique to reach any goal. Membership fees include unlimited training in the Adult Squad, plus access to all the City Aquatic facilities for recreational swimming purposes.

SQUAD TIMETABLE

Effective September 21st		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior	AM		6:30 - 7:30				7:30 - 8:30
	PM	3:45 - 4:45	5:15 - 6:15	3:45 - 4:45	4:00 - 5:00		
Bronze	AM		6:30 - 7:30				7:30 - 8:30
	PM	4:30 - 5:45*	5:15 - 6:15	4:30 - 5:45*	4:00 - 5:00		
Silver	AM	6:00 - 7:30		6:00 - 7:30		6:00 - 7:30	6:45 - 8:45
	PM	4:15 - 6:15^	3:45 - 5:15	4:15 - 6:15^	3:45 - 5:15*		
ATOM	AM	6:00 - 7:30	5:30 - 7:00	6:00 - 7:30		5:30 - 7:00	
	PM						

Sessions include dry land for the first 15-minutes
^Sessions include gym for the first 45-minutes

Join the Squad! Scan QR Code to Book an Assessment

We are always keen to welcome new swimmers to our Squad, especially those who like the joy of swimming at any level. Scan the QR code to book a squad trial session/assessment or email Kierston directly at beaudesert.coach@rackleyswimming.com.au with any questions.

RACKLEY SQUAD SWIMMING

BEAUDESERT

Head Coach - Kierston Cuskelly

Kierston is a passionate swim coach dedicated to shaping young athletes' minds and fostering their growth through swimming. As Assistant Swim Coach at Logan North, she brings a wealth of experience, from lifeguard and swim instructor to head swim coach, and focuses on building life skills and courageous individuals through the sport. Kierston coaches the Junior and Bronze Squads and assists with the Silver and Gold Squads, running the Strength and Conditioning program for these groups.

SWIM CLUB NIGHTS

Are you looking for the perfect way to send your **Thursday evenings**? Than look no further - we've got you sorted! The Beaudesert Swimming Club's weekly Club Nights **commence** on **Thursday, 8th October, at 6:00pm** at the Beaudesert Pool and run every week.

Club nights are a fun, family-friendly event where swimmers of all ages can connect, race, grow, and put their training into action. Whether your swimmer is new to racing or an experienced competitor, Club Nights are the perfect place to build skills, gain confidence and, most importantly, have fun!

Club nights aren't just about racing, they're all about community & camaraderie.

If you are in Rackley Swimming program (or can swim 12.5m unaided), and would like to come and try our club nights, each swimmer can participate in two **FREE Come & Try Club Nights** before requiring a Competitive or Recreational Beaudesert Swimming Club membership.

beaudesert
SWIMMING CLUB
EST. 1951

For more information, please email our Club at secretary@beaudesertswimmingclub.com.au

Join our Squad

We are always keen to welcome new swimmers to our Rackley Swimming Beaudesert Squads, especially those who enjoy of racing at any level. For more information or to book a trial sessions, please email beaudesert.coach@rackleyswimming.com.au or beaudesert@cityaquatics.com.au.

For more information on our program fees and our coaching team, phone 07 5208 7005, or visit our website: https://rackleyswimming.com.au/swim-squad/locations-2/scenic-rim/beaudesert/