RACKLEY SQUAD SWIMMING

NORTH SHORE

SQUAD TRAINING INFORMATION

Squad Level	Squad Description
Junior **$60.00 FN**	The Junior Squad builds upon fundamental swimming skills and develops your child's ability to learn how to train and develop a love for the sport through having fun. The primary focus is on learning competitive stroke and race techniques, with an emphasis on stroke technique, teamwork, basic training etiquette and discipline. Recommended to attend 2-4 sessions a week.
Bronze **$75.00 FN**	Bronze Squad (Sprint & State Squad) Swimmers will be introduced to various racing opportunities as they continue to master the four competitive strokes and gain greater proficiency in turns, starts, and finishes by introducing more advanced drills and training techniques. Recommended to attend 3-5 sessions per week.
Silver **$85.00 FN**	The Silver (Senior) Squad sessions maintain an emphasis on technique while incorporating more aerobic endurance, racing skills, and dry land 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. Recommended to attend 4-7 sessions a week.
ATOM **$55.00 FN**	The ATOM Squad welcomes adult swimmers of all levels and abilities. TOM squad swimmers may be training for Masters, Ocean Swims, Triathlons or just want to challenge themselves. These sessions help swimmers improve their swimming performance and technique to achieve their goals. Equipment Goggles, swimmers, kickboard, pull buoy, water bottle and fins. Members of this squad can train in any Rackley ATOM Squad, including sessions at Tobruk and Long Tan.

*Junior, Bronze, Silver, and ATOM Squad fees cover unlimited session attendance. There is no need to book or advise of when you will be training. Memberships also includes access to all our aquatic centres for general swimming purposes. *Please note that fees above are per fortnight, and direct debited fortnightly via an automatic payment system.*

SQUAD TRAINING TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior	AM						8:00 - 9:00
	PM	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45		
Bronze	AM			5:30- 7:00			6:00 - 8:00
	PM	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45		
Silver	AM	5:30 - 7:00		5:30 - 7:00		5:30 - 7:00	6:00 - 8:00
	PM	4:15 - 6:15	4:15 - 6:15	4:15 - 6:15	4:15 - 6:15		
ATOM	AM		5:30 - 7:00		5:30 - 7:00		

Mini Squad needs to be booked per session please see reception