RACKLEY SQUAD SWIMMING

MILNE BAY

SQUAD TRAINING GROUPS

Squad Level	Description
Junior	The Junior Squad builds upon the fundamental swimming skills and developing 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. It's recommended to attend 2 - 4 sessions a week.
Bronze	The Bronze Squad is designed for swimmers aged 10 and over aiming to compete at a Regional and State Level. 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. This is achieved by introducing more advanced drills and training techniques. It's recommended to attend 3 - 5 sessions a week.
Silver	The Silver Squad maintains an emphasis on stroke technique while incorporating more aerobic, endurance, racing skills, and dry land sessions. Our coaches encourage and teach the lifelong love and appreciation of swimming as we introduce the swimmers to more rigorous training, preparing them for competition at State level. It's recommended to attend 5 - 6 sessions a week.
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.

SQUAD TIMETABLE

Effective Sep 19, 2026		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior	AM						9:00-10:00*
	PM	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45	
Bronze	AM				6:00 - 7:30		7:30 - 9:00*
	PM	5:00 - 6:30	5:00 - 6:30	4:00 - 5:30		4:00 - 5:30	
Silver	AM	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30			7:00 - 9:00*
	PM	5:00 - 6:30			4:30 - 6:30	4:00 - 5:30	
Adults	AM		5:30 - 6:30	5:30 - 6:30			6:30 - 8:15
	PM	6:30 - 7:30			6:30 - 7:30		

Fairholme sessions are exclusively for Rackley Swim Team Toowoomba members.
To join the Swim Team, visit www.rackleyswimteam.com.au/join-club-guide-2/

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.

RACKLEY SWIM TEAM

MILNE BAY

Meet the Coach - David Allen

At the Milne Bay Aquatic Centre, Coach David Allen leads the squads with a deep commitment to helping each swimmer achieve their personal goals. With two decades of experience in swimming, both as a competitive swimmer and a National Coach, David brings valuable expertise and passion to his role. He is an Accredited Swimming Australia Development Coach, demonstrating his dedication to the sport and to the development of his athletes.

Rackley Swim Team

We are excited to announce the launch of **Rackley Swim Team Toowoomba**! The Rackley Swim Team is a non-for-profit swimming club that has a focus on developing swimmers from grass roots through to Olympians. Most recently, the Rackley Swim Team has placed 3 Olympian and 1 Paralympian on the Paris 2024 team.

To find out more about the Rackley Swim Team and how to come and join us in the world of racing, please email us at Toowoomba.Club@RackleySwimTeam.com.au or visit our website https://rackleyswimteam.com.au/toowoomba/ for more information.

Saturday Swim Club Sessions

Come and join us for our Saturday Swim Club Sessions! These sessions will have swimmers from all levels and designed to work on skills, and racing practice in a familiar environment.

For more information, please visit the Rackley Swim Team Toowoomba Website, or email Coach David Allen at MilneBay.Coach@RackleySwimming.com.au.

Join our Squad

We are always keen to welcome new swimmers to our Rackley Swimming Toowoomba, especially those who enjoy of racing at any level. For more information or to book a trial sessions, scan the QR code to book. For more information on our program fees and our coaching team, phone 07 7520 8951, or visit our website:
ww.rackleyswimming.com.au/swim-squad/locations-2/toowoomba/Milne-Bay/