

# Squad Groups

Squad Level	Description
<b>Junior</b>	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. Recommended to attend at least 2 sessions a week.
<b>Bronze</b>	The Bronze Squad is designed for swimmers aged 10 and over aiming to compete at a Brisbane and State Level. The Bronze Squad entry group is for swimmers who have transitioned from Junior Squad. 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 by introducing more advanced drills and training techniques. Recommended to attend 3 - 4 sessions per week
<b>Adult</b>	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

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Junior</b>	<b>AM</b>						7:30 - 8:30
	<b>PM</b>	3:30 - 4:30	3:30 - 4:30	3:30 - 4:30	3:30 - 4:30	3:30 - 4:30	
<b>Bronze</b>	<b>AM</b>						6:00 - 7:30
	<b>PM</b>	4:30 - 6:00	4:30 - 6:00	4:30 - 6:00	4:30 - 6:00	4:30 - 6:00	
<b>Adult</b>	<b>AM</b>						6:00 - 7:00
	<b>PM</b>	6:00 - 7:00		6:00 - 7:00			

## 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.

For more information on our program fees and our coaching team, visit [northlakesaquaticcentre.com.au/swim-squad](http://northlakesaquaticcentre.com.au/swim-squad) - Phone: 07 3518 3441.

