

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>05:00 AM</b>		Adults/Masters Squad (SF+ 1hr 30min)		Adults/Masters Squad (SF+ 1hr 30min)		Adults/Masters Squad (SF+ 1hr 30min)	
<b>05:30 AM</b>	Silver (2hr)		Silver (2hr)		Silver (2hr)		
	Gold (2hr)		Gold (2hr)		Gold (2hr)		
<b>06:30 AM</b>		Junior (1hr)		Junior (1hr)		Gold (2hr)	
		Bronze (1hr)		Bronze (1hr)		Silver (2hr)	
<b>07:00 AM</b>						Senior (1hr15m)	
<b>08:30 AM</b>						Junior (1hr)	
						Bronze (1hr)	
<b>08:45 AM</b>				Adult/Fitness Squad (City Swim)			
<b>09:30 AM</b>		Adult/Fitness Squad (City Swim)					
<b>12:30 PM</b>		Adults/Masters Squad (SF+ 1hr)		Adults/Masters Squad (SF+ 1hr)			
<b>03:45 PM</b>	Junior (1hr)	Junior (1hr)	Junior (1hr)	Junior (1hr)	Junior (1hr)		
<b>04:00 PM</b>	Bronze (1hr 15min)	Bronze (1hr 15min)	Bronze (1hr 15min)	Bronze (1hr 15min)	Bronze (1hr 15min)		
					Silver (1hr 30min)		
					Senior (1hr15m)		
<b>04:15 PM</b>	Silver (2hr)	Silver (2hr)	Silver (2hr)	Silver (2hr)			
<b>04:45 PM</b>	Senior (1hr15m)	Senior (1hr15m)	Gold (1hr 45min)	Gold (1hr 45min)	Gold (1hr 45min)		
	Gold (1hr 45min)	Gold (1hr 45min)	Senior (1hr15m)	Senior (1hr15m)			



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## CLASS DESCRIPTIONS

### GOLD SQUAD COLMSLIE

The Gold Squad is designed for mature swimmers competing at a National level. It is aimed at producing high performance at State and National level competitions through more individualised training. Swimmers are selected into the Gold Squad at the discretion of the coaches based on an athlete's physical and mental preparedness as well as alignment with the culture of the squad. Gold swimmers have personal ambitions to reach the highest level in swimming. This squad trains at high intensity, with a focus on three main areas of improvement: swimming technique, strength, and endurance.

### SILVER SQUAD COLMSLIE

Designed for swimmers already competing at a State level, in silver squad we focus on encouraging the lifelong love and appreciation of swimming as we introduce the swimmers to more rigorous training, preparing them for competition at a state level. Squad sessions at Silver Level maintain an emphasis on stroke technique while incorporating more aerobic endurance, racing skills and dry land sessions. It is aimed at continuing to develop swimmer's conditioning for competition but also creating training habits and behaviours that give athletes the highest chance of long-term success.

### BRONZE SQUAD COLMSLIE

Bronze squad is the entry group into our performance focused squads. Building upon the fundamental swimming skills and develop your child's ability to learn how to train and help them develop a growth mindset and develop a love for the sport. Individual 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.

### JUNIOR SQUAD COLMSLIE

Fun & safety is the primary objective of all Junior swimming, coincidentally it is reason we 'learn to swim' initially. Junior Squad is designed for children predominately 6 years and older, and is targeted at swimmers that have completed all the skills associated with learn to swim lessons. Junior Squad's focus is 1-2 key concepts every session, and swimmers within each individual session will be allocated to the lane & group that provides the optimal learning environment.

### SENIOR SQUAD COLMSLIE

Senior squad is designed for senior multi-sport athletes. It targets the specific endurance and speed requirements of the athlete's primary sport and event. Sessions are designed to help swimmers develop skills & conditioning specifically for competitive swimming. There is no minimum number of training sessions however if swimmers wish to compete at a competitive school level or higher they are encouraged to complete a minimum of 3-4 sessions a week.

### Adults/Masters Squad (SwimFit+)

Our SwimFit+ squad sessions are designed to improve performance and technique. SwimFit+ sessions are tailored to the goals of the SwimFit+ members. Longer sessions, lower lane density and experienced Rackley Coaches will help you reach your swimming goal. This level is for those who are looking to improve their swimming technique and fitness. It is suitable for a wide variety of people, from beginners through to competitive swimmers training for Masters, Triathlon and/or Ocean swimming

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### Adult/Fitness Squad (City Swim)

An adult swimming session for those interested in improving their swim technique and increasing their fitness levels, You are required to have a basic swim level and be able to complete multiple laps to attend this session.

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