

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------|--------------------------------------|---------------------------------|--------|
| 05:00 AM | Adults/Masters Squad (SF+ 1hr 30min) | Adults/Masters Squad (SF+ 1hr 30min) | Adults/Masters Squad (SF+ 1hr 30min) | | Adults/Masters Squad (SF+ 1hr 30min) | | |
| 06:00 AM | Bronze (2hr) | Bronze (2hr) | Bronze (2hr) | | Bronze (2hr) | Bronze Squad (1hr) | |
| | | | | | | Junior Squad (1hr) | |
| 06:30 AM | | | | | | Adult SF+ (1hr) | |
| | Junior (1hr 30m) | Junior (1hr 30m) | Junior (1hr 30m) | | Junior (1hr 30m) | | |
| 07:00 AM | | | | | | All Squad Races (1hr) | |
| 08:00 AM | | | | | | Adult/Fitness Squad (City Swim) | |
| | | | | | | Mini Squad (1hr) | |
| 09:00 AM | | | | | | | |
| 03:30 PM | Mini Squad (1hr) | Mini Squad (1hr) | Mini Squad (1hr) | Mini Squad (1hr) | | | |
| | Junior Squad (1hr) | Junior Squad (1hr) | Junior Squad (1hr) | Junior Squad (1hr) | | | |
| 03:45 PM | | | | | | | |
| 04:30 PM | Bronze (1hr 30min) | Bronze (1hr 30min) | Bronze (1hr 30min) | Bronze (1hr 30min) | | | |
| | | | | | | | |
| 06:05 PM | Adult/Fitness Squad (City Swim) | Adult SF+ (1hr) | Adult/Fitness Squad (City Swim) | Adult SF+ (1hr) | | | |



CLASS DESCRIPTIONS

BRONZE SQUAD CHERMSIDE

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 Bronze and Adult Chermside

This race morning gives all Chermside Squad swimmers the chance to put skills into practice and have fun with their fellow swimmers.

JUNIOR SQUAD CHERMSIDE

Fun & safety is the primary objective of all Junior Squad swimming, coincidentally it is the 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 learning 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.

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.

ADULT SWIMFIT+ SQUAD CHERMSIDE

Our ADULT 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

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

MINI SQUAD CHERMSIDE

Mini squad is the entry group into Squad Training . 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 training methods as they continue to

master the four competitive strokes and gain greater proficiency in turns, starts and finishes.

