

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00 AM	Gold (2hr)	Gold (2hr) RBSC	Gold (2hr)	Gold (2hr) RBSC	Gold (2hr)		
	Silver (2hr)	Silver (2hr)	Silver (2hr)	Silver (2hr)	Silver (2hr)		
06:00 AM						Gold (2hr)	
						Silver (2hr)	
08:00 AM						Junior (1hr)	
						Bronze (1hr)	
10:00 AM							
03:45 PM	Junior (1hr)	Junior (1hr)	Junior (1hr)	Bronze (1hr)	Junior (1hr)		
	Bronze (1hr)	Bronze (1hr)	Bronze (1hr)	Junior (1hr)	Bronze (1hr)		
					Silver (1hr 15min)		
					Gold (1h 15m)		
04:30 PM	Gold (2hr)	Gold (2hr)	Gold (2hr)	Gold (2hr)			
04:45 PM	Silver (1h 45m)	Silver (1h 45m)	Silver (1h 45m)	Silver (1h 45m)			



CLASS DESCRIPTIONS

GOLD SQUAD HELENSVALE

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.

Gold Squad Helensvale

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SILVER SQUAD HELENSVALE

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 HELENSVALE

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 HELENSVALE

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.