

## Commercial Swimming Club Training Timetable – 4<sup>th</sup> Quarter, 2022

### Pre-Squad: \$225 per quarter

	MON	TUE	WED	THUR	FRI
PM	3.30 – 4.15		3.30 – 4.15	3.30 – 4.15	

**Ability:** Must be able to swim 25m Freestyle & Backstroke and have at a minimum a basic understanding of Butterfly Kick & Breaststroke.

**Training equipment:** Short fins, Pull-buoy, Snorkel.

**Goals:** Bridge from Learn to Swim to Squad training. Have fun while developing a foundation of competitive swimming techniques & skills.

**Competitions:** Target Development & Transition meets at coach's recommendation.

**Minimum age:** 6

### Junior Squad: \$285 per quarter

	MON	TUE	WED	THUR	FRI	SAT
AM			6.30 – 7.45			7.00 – 8.30
PM		3.45 – 4.45		4.15 – 5.30	3.45 – 4.45	
Dry land				First 15min		First 15min

**Ability:** Must be able to swim at least 100m Freestyle and Individual Medley, 50m Backstroke & Breaststroke, and 25m Butterfly. Commercial Swimming Club membership is mandatory.

**Training equipment:** Short fins, Pull-buoy, Snorkel.

**Goals:** Develop advanced racing skills (starts, turns, finishes). Learn Individual Medley training on a regular basis. Consolidate competitive swimming technique in all strokes. Improve specific swimming endurance.

**Competitions:** Represent Commercial Swimming Club at club meets, target Brisbane & QLD Champs.

**Minimum age:** 7

### Intermediate Squad: cost \$315 per quarter

	MON	TUE	WED	THUR	FRI	SAT
AM		6.00 – 7.30		6.00 – 7.30		6.30 – 8.30
PM	4:15 – 6:15	4.45 – 6.15	4:15 – 6:15		4.45 – 6.15	
Dry land	First 30min (PM)		First 30min (PM)			First 30min (AM)

**Ability:** Must be able to swim at least 200m Freestyle & IM, 100 Backstroke & Breaststroke, and 50m Butterfly. Commercial at club meets, target Brisbane & QLD Champs. Commercial Swimming Club membership is mandatory.

**Training equipment:** Short fins, Pull-buoy, Snorkel, Ankle band, Finger paddles.

**Goals:** Achieve consistency in training attendance. Fine-tune competitive swimming techniques and racing skills. Use Individual Medley training as a prime method of physical conditioning.

**Minimum age:** 11

### Senior Squad: cost \$405 per quarter

	MON	TUE	WED	THUR	FRI	SAT
AM	6.30 – 8.30	6.00 – 8.00		6.00 – 8.00		6.30 – 9.00
PM	4.15 – 6.45	4.45 – 6.45	4.15 – 6.45		4.45 – 6.30	
Dry land	First 30min (PM)		First 30min (PM)			First 30min (AM)

**Ability:** Registered competitive swimmers targeting State and National Championships.

**Training equipment:** Short fins, Pull-buoy, Snorkel, Ankle band, Finger paddles, Hand paddles, Drag suit.

**Goals:** Achieve consistency in both training and racing performances. Fully utilise Individual Medley and distance Freestyle as the primary training method. Achieve Finals, Top 5, and medal performances at all levels of competition.

**Minimum age:** 12

**Notes** Sessions times may be amended by the Coach pending pool availability and public holidays.