

Squad programs

JNR Junior Squad – 45min

This squad is stroke development and training techniques. It's for the swimmer who has finished learn to swim program and can complete multiple laps of all strokes, have an understanding of tumble turns and streamline.

INT Intermediate Squad – 1hr

Child must be able to complete a one hour session. In this squad swimmers will develop endurance and race skills.

SNR Senior Squad – 1.5hr

This squad is focused at elite level swimmers and those preparing for events. Suitable but not limited to those competing in Aussies, Masters, Nationals or swimmers wanting that extra level of fitness.

FIT Fitness Squad – 1hr

Sessions cater for swimmers who wish to improve their fitness, skills and stroke technique while working towards long term fitness or competitive goals. Able to swim 1.5km - 3km in each session.

LTS Adult Learn to Swim – 45min

This class is designed for swimmers who have little or no swimming experience. The aim is to develop water confidence and teach basic swimming skills such as floating, breathing regulation and kicking.

ASC Adult Stroke Correction – 1hr

This class is for swimmers who have swimming experience, able to swim 600m - 1500m in a session. The aim is to develop stroke technique and correction of stroke.

ASQ Adult Squad – 1.5hr

These sessions cater for the competitive swimmer, maintaining high level of fitness and endurance in preparation for events. Able to swim 3km - 5km in each session.

PLEASE NOTE: Bookings essential – date changes & make up classes available upon request. Adult Programs open to 17+ years, Fitness Squad open to 15+ years.

Brooke Withers Swim School



Unit 6, 2 Daydream Street, WARRIEWOOD 2102

For more information call **9999 3446** or email warriewood@BrookeWithersSwimSchool.com.au

www.BrookeWithersSwimSchool.com.au

Squad timetable

Brooke Withers Swim School



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am	INT SNR			INT SNR	INT SNR	INT FIT
7:00am	JNR INT	INT	JNR INT SNR	JNR INT	JNR INT	
8:00am	JNR		JNR			JNR
8:45am			LTS			
9:30am					LTS	
10:15am					ASC	
10:30am	FIT	FIT	FIT	FIT		
12:30pm						INT
1:00pm		LTS ASC				
1:30pm					FIT	ASC
2:00pm		ASC		ASC		
3:30pm			JNR			
4:00pm		INT		JNR	JNR INT	
4:15pm	JNR	JNR	INT			
4:45pm				JNR		
5:00pm	JNR INT	JNR INT		INT		
5:15pm			JNR			
5:30pm				INT SNR	FIT ASC	
6:00pm	INT FIT ASQ	INT SNR ASQ	FIT ASQ	FIT ASQ		
6:15pm				ASC		
7:00pm	FIT ASC	FIT ASC	FIT ASC	FIT		
7:15pm				ASC		