

# 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.

## **NIP** Nippers Squad – 45min

Freestyle and ocean focussed, will assist in preparation for carnival level and enhance their skills to be more confident surf and ocean swimmers.

## **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 [enrolments@BrookeWithersSwimSchool.com.au](mailto:enrolments@BrookeWithersSwimSchool.com.au)

[www.BrookeWithersSwimSchool.com.au](http://www.BrookeWithersSwimSchool.com.au)

# Squad timetable

Brooke Withers Swim School



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