

|                 | Monday                | Tuesday               | Wednesday             | Thursday              | Friday                | Saturday              | Sunday |
|-----------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--------|
| <b>05:00 AM</b> | Gold Squad (2hr)      | Silver Squad (2hrs)   |                       | Silver Squad (2hrs)   | Silver Squad (2hrs)   |                       |        |
|                 |                       | Gold Squad (2hr)      |                       | Gold Squad (2hr)      | Gold Squad (2hr)      |                       |        |
| <b>06:00 AM</b> | Junior Squad (1hr)    | Junior Squad (1hr)    |                       | Junior Squad (1hr)    | Junior Squad (1hr)    | Junior Squad (1hr)    |        |
|                 | Bronze Squad (1.5 hr) | Bronze Squad (1.5 hr) |                       | Bronze Squad (1.5 hr) | Bronze Squad (1.5 hr) | Bronze Squad (1.5 hr) |        |
|                 |                       |                       |                       |                       |                       | Silver Squad (2hrs)   |        |
|                 |                       |                       |                       |                       |                       | Gold Squad (2hr)      |        |
| <b>07:30 AM</b> | CP - Adult Squad ( )  | CP - Adult Squad ( )  |                       | CP - Adult Squad ( )  |                       |                       |        |
| <b>03:30 PM</b> | Junior Squad (1hr)    | Junior Squad (1hr)    | Junior Squad (1hr)    | Junior Squad (1hr)    |                       |                       |        |
| <b>04:00 PM</b> |                       | Gold Squad Gym (1hr)  |                       | Gold Squad Gym (1hr)  | Gold Squad (2hr)      |                       |        |
|                 |                       |                       |                       |                       | Silver Squad (2hrs)   |                       |        |
| <b>04:30 PM</b> | Gold Squad (2hr)      | Silver Squad (2hrs)   | Gold Squad (2hr)      | Silver Squad (2hrs)   |                       |                       |        |
|                 | Silver Squad (2hrs)   | Bronze Squad (1.5 hr) | Silver Squad (2hrs)   | Bronze Squad (1.5 hr) |                       |                       |        |
|                 | Bronze Squad (1.5 hr) |                       | Bronze Squad (1.5 hr) |                       |                       |                       |        |
| <b>06:30 PM</b> | CP - Adult Squad ( )  | CP - Adult Squad ( )  | CP - Adult Squad ( )  | CP - Adult Squad ( )  |                       |                       |        |



# CLASS DESCRIPTIONS

## GOLD SQUAD CALOUDRA

The Gold squads are a seasonally designed program aimed at the performance at Age National and Open / International competitive levels. The sessions are specifically designed to each swimmer's stroke and distance. The dry-land and pool sessions are personalised to the needs of the athlete for maximum achievement in their chosen events. These squads will give swimmers an opportunity to compete in the sprint, middle distance, and distance events. \*Equipment required - flippers, paddles, pull buoy, kickboard & snorkel. GYM Session - Gym clothes and sandals

## SILVER SQUAD CALOUDRA

Silver Squad is designed for swimmers who wish to compete at a high standard at State level competitions and aspire towards Age National Qualification. The program will continue to advance the conditioning of both aerobic and anaerobic systems. Swimmers are required to meet advancing training standards and commitments as they begin to form a stronger link between training and performance during this stage of their development. \*Equipment required - flippers, paddles, pull buoy & kickboard.

## BRONZE SQUAD CALOUDRA

Bronze Squad is designed for swimmers who wish to compete at a high standard at Regional or State level competitions. The squads are based on all four strokes and have a specific focus on the Individual Medley. The program will develop both aerobic and anaerobic systems, which is important for growing athletes. The Bronze Squad still has a large technique and kick focus building on the fundamentals established in the Junior Squad. Swimmers will continue training in all four strokes and will be required to meet the training standards as it is important for all swimmers to develop strong foundations in each of the strokes. \*Equipment required - flippers, paddles, pull buoy & kickboard.

## JUNIOR SQUAD CALOUDRA

Junior Squad swimming is about building upon the fundamental swimming skills and developing the ability to learn how to train and help them develop a growth mindset and develop a love for the sport through having fun. Swimmers will continue to master the four competitive strokes and gain greater proficiency in turns, starts and finishes. Recommended to attend 2 - 4 sessions a week and attend club nights and local meets. \*Equipment required - Fins, pull buoy, kickboard and water bottle.

## ADULT SQUAD CALOUDRA

Our City Performance Adult sessions are designed to improve performance and technique. Adults Squad sessions are tailored to the goals of the Adult swimmers in the session. These sessions are for those 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. These sessions are also suited to Fitness Swimmers aged 15 and older.