

Morning Sessions

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
05:30 AM	Silver (2hr) Gold School (2hr) Adults/Masters Squad (SF+ 1hr)	Silver (2hr) Gold School (2hr)	Silver (2hr) Gold School (2hr) Adults/Masters Squad (SF+ 1hr)	Silver (2hr) Gold School (2hr)	Silver (2hr) Gold School (2hr) Adults/Masters Squad (SF+ 1hr)	
06:00 AM						
06:30 AM	Gold School & OPEN Squad (3hr) Adults/Masters Squad (SF+ 1hr)		Bronze (1hr)			
06:45 AM	Bronze (1hr)				Junior (1hr)	
07:00 AM	Junior (1hr)					Gold Open (G)
07:30 AM		Gold Open (G)		Silver (2hr)		Gold Open (2hr)
08:30 AM				Gold Open (2hr)		
09:00 AM			Gold Open (2hr)			

Afternoon Sessions

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
02:00 PM	Silver (2hr)	Silver (2hr)	Silver (2hr)	Silver (2hr)	Silver (2hr)	
	Gold School (2hr)	Gold School (2hr)	Gold School (2hr)	Gold School (2hr)	Gold School (2hr)	
	Adults/Masters Squad (SF+ 1hr)		Adults/Masters Squad (SF+ 1hr)		Adults/Masters Squad (SF+ 1hr)	
03:15 PM						
03:45 PM	Gold School & OPEN Squad (3hr)		Bronze (1hr)			
	Adults/Masters Squad (SF+ 1hr)					
04:00 PM	Bronze (1hr)				Junior (1hr)	
04:45 PM	Junior (1hr)					Gold Open (G)
05:00 PM		Gold Open (G)		Silver (2hr)		Gold Open (2hr)
06:00 PM				Gold Open (2hr)		

CLASS DESCRIPTIONS

GOLD SQUAD HIBISCUS

The Gold Squad is our performance squad for school age swimmers who wish to race and compete at all level competitions. At this level swimmers are fine tuning their skills and improving their race fitness, endurance, speed and skills ready for competition. Recommended minimum 7 sessions per week. (age 13+). *Equipment required – flippers, paddles, pull buoy, kickboard & snorkel. (G) Sessions with (G) include S&C Gym sessions

GOLD OPEN SQUAD HIBISCUS

The Gold Squad is our senior performance squad for swimmers 18 & older who wish to race and compete at all level competitions. At this level students are fine tuning their skills and improving their race fitness, endurance, speed and skills ready for competition. Recommended minimum 7 sessions per week. (age 13+). *Equipment required – flippers, paddles, pull buoy, kickboard & snorkel. (G) Sessions with (G) include S&C Gym sessions

SILVER SQUAD HIBISCUS

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. (G)=Gym Session.

BRONZE SQUAD HIBISCUS

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. (G=Gym Session).

JUNIOR SQUAD HIBISCUS

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.

Adults Squad (Swim Fit+)

Our SwimFit+ squad sessions are designed to improve performance and technique. SwimFit+ sessions are tailored to the goals of the SwimFit+ members. Longer sessions, lower lane density and experienced Rackley Coaches will help you reach your swimming goal. This level is for those who are 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