

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:15 AM	Bronze (1hr 45min)	Bronze (1hr 45min)		Bronze (1hr 45min)	Bronze (1hr 45min)		
	Silver (1hr 45min)	Silver (1hr 45min)		Silver (1hr 45min)	Silver (1hr 45min)		
	Gold (1hr 45min)	Gold (1hr 45min)		Gold (1hr 45min)	Gold (1hr 45min)		
	Elite (2hr)	Elite (2hr)		Elite (2hr)	Elite (2hr)		
05:30 AM	Junior (1h 30min)	Junior (1h 30min)	Junior (1h 30min)	Junior (1h 30min)	Junior (1h 30min)		
06:00 AM						Junior (2hr)	
						Bronze (2hr)	
						Silver (2hr)	
						Gold (2hr 30min)	
						Elite - (2hr 30min)	
02:00 PM	Elite (2hr 15min)		Elite - (2hr 30min)				
03:45 PM	Junior (1hr 15min)	Junior (1hr 15min)	Junior (1hr 15min)	Junior (1hr 15min)	Junior (1hr 15min)		
		Bronze/Silver - Dry Land (30min)		Bronze/Silver - Dry Land (30min)			
04:00 PM			Bronze (1hr 45min)		Bronze (1hr 45min)		
			Silver (1hr 45min)		Silver (1hr 45min)		
			Gold (2hr)				
04:15 PM	Bronze (1hr 45min)	Bronze (1hr 45min)		Bronze (1hr 45min)			
	Silver (1hr 45min)	Silver (1hr 45min)		Silver (1hr 45min)			
05:00 PM	Gold (2hr)	Gold (2hr)		Gold (2hr)			
		Elite (2hr)		Elite (2hr)			



CLASS DESCRIPTIONS

GOLD SQUAD KAWANA

The Gold squad is a seasonally designed program aimed at 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 sprint, middle distance and distance events.

BRONZE SQUAD KAWANA

The Bronze and Silver squads are designed for swimmers who wish to compete at a high standard at State level competitions with the goal of qualifying for Age National level competition. The squads are based on all four strokes and has a specific focus on the Individual Medley. The program will develop both aerobic and anaerobic systems, which is important for growing athletes. The Bronze and Silver squads will have a large technique and kick focus. 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. Each stroke will be developed through specific kick, drill, speed and endurance sets.

ELITE SQUAD KAWANA

The Elite squad is for Swimmers aged 18 and older aimed at performance at National & 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 sprint, middle distance and distance events

SILVER SQUAD KAWANA

The Bronze and Silver squads are designed for swimmers who wish to compete at a high standard at State level competitions with the goal of qualifying for Age National level competition. The squads are based on all four strokes and has a specific focus on the Individual Medley. The program will develop both aerobic and anaerobic systems, which is important for growing athletes. The Bronze and Silver squads will have a large technique and kick focus. 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. Each stroke will be developed through specific kick, drill, speed and endurance sets.

JUNIOR SQUAD KAWANA

The Junior Squad aims to increase the swimmer's knowledge and understanding of all four strokes, including the Individual Medley. Swimmers will also be specifically trained through general endurance and specific drill progressions. Junior Squad is a performance based squad where swimmers will be coached through challenging aerobic, skill, and drill sets. The squad is designed to put the swimmers technique and skill under stress to build on its foundations and strengthen their technique for racing. Swimmer's race skills are also established as they progress through our competition structure. (+Dry = Session includes dry land workout, before or after the water class/squad begins).