



# Swimmerz Academy Timetable

Sessions times must be booked in prior to attending session. Call 02 9059 4075 or [info@swimmerz.com.au](mailto:info@swimmerz.com.au)

## Performance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 --7:00 AM	5:00 --7:00 AM	5:00 --7:00 AM	5:00 --7:00 AM	5:00 --7:00 AM	5:00 --7:00 AM
	4:30 --6:30 PM	4:30 --6:30 PM		4:30 --6:30 PM	

## Target

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 - 7:00 AM	5:30 - 7:00 AM	5:30 - 7:00 AM	5:30 - 7:00 AM	5:30 - 7:00 AM	7:00 – 9:00AM
	5:00 - 6:30 PM	5:00 - 6:30 PM		5:00 - 6:30 PM	

## Development

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 - 7:00 AM		6:00 - 7:00 AM	6:00 - 7:00 AM	8:00 - 9:00 AM
		4:00 - 5:00 PM		4:00 - 5:00 PM	
5:00 - 6:00 PM	5:00 - 6:00 PM		5:00 - 6:00 PM		

## Mini

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00 - 7:45 AM		7:00 - 7:45 AM		9:00 - 9:45 AM
4:00 - 4:45 PM	4:00 - 4:45 PM	4:00 - 4:45 PM	4:00 - 4:45 PM	4:00 - 4:45 PM	
4:45 - 5:30 PM	4:45 - 5:30 PM	4:45 - 5:30 PM	4:45 - 5:30 PM	4:45 - 5:30 PM	
5:30 - 6:15 PM			5:30 - 6:15 PM		

## Adult/Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 -6:30PM			5:30-6:30PM		

## Aqua & Gentle Exercise

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:30-1:30PM Aqua	1:00-2:00PM Gentle Exercise	12:30-1:30PM Aqua		1:00-2:00PM Gentle Exercise		
	6:00 – 7:00PM Aqua					



# Swimmerz Academy Squads

## Mini Squad

- Duration 45 min sessions
- Freestyle, Backstroke and Breaststroke technique are continuing to be developed and reinforced. The Butterfly stroke foundations are introduced and developed.
- Swimmers are being introduced to aerobic capacity which is beginning to be developed through more specific sets.
- Dives, Turns and Underwater skills are continually reinforced.
- For best results swimmers are encouraged to attend 2-3 sessions per week.
- **Required Equipment: Kick Board and Fins (flippers).**

## Development Squad

- Duration 60 minutes
- A strong focus on technical excellence in all four strokes is continuing to be developed and reinforced.
- Swimmers aerobic capacity is continuing to be developed through specific aerobic sets.
- Speed is a focus and is implemented through short interval sets.
- Dives, Turns and Underwater skills are continually reinforced.
- For best results swimmers are encouraged to attend 3-4 sessions per week.
- **Required Equipment: Kick Board, Fins (flippers), Pull Buoy and Snorkel.**

## Target Squad

- Duration 90 minutes
- Swimmers within this squad are competing in regular still water swim meets and aiming for State Age qualifying times.
- Swimmers are fluent in all four strokes and skills.
- Racing is encouraged within this squad with sets designed specific to the swimmers racing needs.
- Swimmers are encouraged to be registered members of the **Southern Sydney Swim Team Swimming Club** and are competing in regular still water swim meets.
- For best results swimmers are encouraged to attend 4-5 sessions per week.
- **Required Equipment: Kick Board, Fins (flippers), Pull Buoy, Snorkel and Paddles.**

## Performance Squad

- Duration 120 minutes
- Swimmers within this squad have gained National Age/Open or State Age qualifying times.
- Swimmers are registered members of the **Southern Sydney Swim Team Swimming Club** and are competing in regular still water swim meets.
- Swimmers are fluent in all four strokes and skills.
- Racing is the main emphasis within this squad with sets designed specific to the swimmers racing needs.
- For best results swimmers are encouraged to attend 5-8 sessions per week.
- **Required Equipment: Kick Board, Fins (flippers), Pull Buoy, Snorkel and Paddles.**

## Adult Squad/Fitness Squad

- Duration 60 minutes
- This squad offers coaching for adults and teenagers of a variety of different swimming abilities, from beginners to advanced.
- Specific sets are designed on the needs of the individual, from those who simply just wish to increase their fitness, as well as swimmers who are training for competitive events.
- **Required Equipment: Kick Board, Fins (flippers), Pull Buoy, Snorkel and Paddles.**