



Swimmerz Academy Timetable

Sessions times must be booked in prior to attending session. Call 02 9059 4075 or info@swimmerz.com.au

Mini

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00 - 7:45 AM		7:00 - 7:45 AM		10:00 - 10:45 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	
				5:00 - 5:45 PM	10:30 - 11:15 AM

Development

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 - 8:00 AM	6:45 - 7:45 AM	7:00 - 8:00 AM	6:45 - 7:45 AM		9:00 - 10:00 AM
4:00 - 5:00 PM	4:00 - 5:00 PM	4:00 - 5:00 PM		4:00 - 5:00 PM	
				5:00 - 6:00 PM	

Target

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45 - 8:00 AM	5:30 - 6:45 AM	6:45 - 8:00 AM	5:30 - 6:45 AM	6:45 - 8:00 AM	8:45 - 10:00 AM
5:00 - 6:15 PM	5:00 - 6:15 PM	Dry Land 5:15 - 6:30 PM	4:00 - 5:15 PM	4:45 - 6:00 PM	

Competitive

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 - 6:45 AM		5:15 - 6:45 AM		5:15 - 6:45 AM	7:15 - 8:45 AM
Dry Land 5:15 - 6:30 PM	4:45 - 6:15 PM	5:00 - 6:30 PM	5:15 - 6:45 PM	4:45 - 6:15 PM	

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	7:00 - 9:00 AM
4:15 - 6:30 PM		4:15 - 6:30 PM	4:15 - 6:30 PM		

Performance Dry Land 5:00-5:15am and 4:30-4:45pm

Please note: For Dry Land training please wear comfortable sports attire, joggers, bring a towel and water bottle.



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 75 minutes
- 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 3-4 sessions per week.
- **Required Equipment: Kick Board, Fins (flippers), Pull Buoy, Snorkel and Paddles.**

Competitive 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 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 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.**