

# Squad Program



The Aquatic Centre's Squad Program is a progressive based system that focuses on stroke correction and fun.

The program is structured around 4 levels.

Bronze Level is an introduction to our beginner's squad. The aim is to teach basic squad training methods such as learning to read the pace clock, new drills to improve technique and development of all strokes. Members are also introduced to correct race starts and tumble turns.

Our Platinum Level /surf programs are ideal for competitors who are racing at a state or national level. Members of the Platinum Squad Level compete in a variety of sports including Surf, Nippers, and Triathlon & Water polo. Seniors are encouraged to train a minimum of 4-5 times per week.

This progressive program is based on skills, speed and endurance. The squad structure provides a clear guide to swimmers and parents in regards to where they are currently at in their training schedule. Clear guidelines have been set, and swimmers will be regularly assessed every 6 – 8 weeks.