

Morning Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00 AM			Adults/Masters Squad (SF+ 1hr)				
05:15 AM	Bronze (2hr) CP	Bronze GTP (2hr)		Bronze GTP (2hr)	Bronze GTP (2hr)		
	Silver CP (2hr 15min)	Senior (2hr) GTP		Senior (2hr) GTP	Senior (2hr) GTP		
		Silver CP (2hr 15min)		Silver CP (2hr 15min)	Silver CP (2hr 15min)		
06:00 AM	Development (Bronze) Squad SRC	Junior (1hr) GTP	Development (Bronze) Squad SRC	Junior (1hr) GTP		Gold CP (2hr)	
						Silver CP (2hr)	
						Bronze (2hr) GTP	
						Senior (2hr) GTP	
06:30 AM	Gold CP (2hr)	Gold CP (2hr)	Adults/Masters Squad (SF+ 1hr)	Gold CP (2hr)	Gold CP (2hr)		
07:00 AM	Junior Squad SRC (1Hr)		Junior Squad SRC (1Hr)				
08:00 AM						Junior (1hr) GTP	
09:30 AM	Adult/Fitness Squad (City Swim)		Adult/Fitness Squad (City Swim)		Adult/Fitness Squad (City Swim)		

Afternoon Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
03:30 PM	Junior Squad SRC (1Hr)	Gold CP (2hr)	Junior Squad SRC (1Hr)	Junior Squad SRC (1Hr)			
	Development (Bronze) Squad SRC		Development (Bronze) Squad SRC	Development (Bronze) Squad SRC			
	Gold CP (2hr)		Gold CP (2hr)	Gold CP (2hr)			
03:45 PM	Senior CP (1hr)	Senior CP (1hr)	Senior CP (1hr)	Senior CP (1hr)	Junior (1hr) GTP		
	Junior (1hr) GTP	Junior (1hr) GTP	Junior (1hr) GTP	Junior (1hr) GTP			
04:45 PM	Bronze (2hr) GTP	Bronze (2hr) GTP	Bronze (2hr) GTP	Bronze (2hr) GTP			
	Silver CP (2hr)	Silver CP (2hr)	Silver CP (2hr)	Silver CP (2hr)			
05:00 PM		Development (Bronze) Squad SRC					
06:45 PM	Adults/Masters Squad (SF+ 1hr)		Adults/Masters Squad (SF+ 1hr)				

CLASS DESCRIPTIONS

GOLD SQUAD CENTENARY

Gold Squad is our high performance squad. Swimmers are selected into the Gold Squad at the discretion of the Head Coach based on an athlete's physical and mental preparedness as well as alignment with the culture of the squad. (CLASS LOCATION: CP=Centenary Pool, GT=Gregory Terrace Pool).

SILVER SQUAD CENTENARY

Designed for swimmers competing at a National level. Swimmers are selected into the Silver Squad at the discretion of the coaches based on an athlete's physical and mental preparedness as well as alignment with the culture of the squad. Silver swimmers have personal ambitions to reach the highest level in swimming. This squad trains at high intensity, with a focus on three main areas of improvement: swimming technique, strength, and endurance. 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. Equipment required - Fins, pull buoy, kickboard, snorkel, paddles, band and water bottle. (CLASS LOCATION: CP=Centenary Pool, GT=Gregory Terrace Pool).

BRONZE SQUAD CENTENARY (GT Pool)

Designed for swimmers competing at a Brisbane and State Level. The Bronze Squad is the entry group into our performance-focused squads for swimmers aged 11 and over. In the Bronze 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 Bronze 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. Recommended to attend minimum 4 sessions a week and must compete at coach selected competitions. Equipment required - Fins, pull buoy, kickboard, snorkel, paddles, band and water bottle. (CLASS LOCATION: CP=Centenary Pool, GTP=Gregory Terrace Pool).

DEVELOPMENT (BRONZE) SQUAD St Ritas

The Development Squad will assist with the development of a basic level of technique and fitness across the four strokes and work towards developing a good level of understanding of the key areas of focus for each stroke. This squad will also cater for swimmers who have demonstrated the capability to train and compete and looking to take their swimming to a higher level. Venue St Ritas College 41 Enderly Avenue Clayfield

BRONZE SQUAD CENTENARY

Designed for swimmers competing at a Brisbane and State Level. The Bronze Squad is the entry group into our performance-focused squads for swimmers aged 11 and over. In the Bronze 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 Bronze 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. Recommended to attend minimum 4 sessions a week and must compete at coach selected competitions. Equipment required - Fins, pull buoy, kickboard, snorkel, paddles, band and water bottle. (CLASS LOCATION: CP=Centenary Pool, GTP=Gregory Terrace Pool).

JUNIOR SQUAD SRC

The Junior squad is open to swimmers who have sound fundamentals in all 4 strokes, they have developed the skills required to enter races and complete them following the rules of swimming. This squad will look to develop the swimmers technique and fitness with the aim to progress to the Development Squad. Venue - St Ritas Pool 41 Enderley Avenue Clayfield

JUNIOR SQUAD CENTENARY (GT Pool)

Building upon the fundamental swimming skills and developing your child's ability to learn how to train and help them develop a growth mindset and develop a love for the sport through having fun. 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. Recommended to attend minimum 2 sessions a week and attend club nights and local meets. Equipment required - Fins, pull buoy, kickboard and water bottle. (CLASS LOCATION: CP=Centenary Pool, GT=Gregory Terrace Pool).

SENIOR SQUAD CENTENARY

Designed for senior multi-sport athletes. It targets the specific endurance and speed requirements of the athlete's primary sport and event. Sessions are designed to help swimmers develop skills & conditioning specifically for competitive swimming. There is no minimum number of training sessions; however if swimmers wish to compete at a competitive school level or higher they are encouraged to complete a minimum of 3-4 sessions a week. (CP = Centenary Pool GTP=Gregory Terrace Pool)

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

Adult/Fitness Squad (City Swim)

An adult swimming session for those interested in improving their swim technique and increasing their fitness levels, You are required to have a basic swim level and be able to complete multiple laps to attend this session.