

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>05:30 AM</b>	JNR Surf (1.5hr)	SNR Surf (2h)	JNR Surf (1.5hr)	JNR Surf (1.5hr)	SNR Surf (2h)	JNR Surf (1.5hr)	
	SNR Surf (2hr)	Silver (2hr)	SNR Surf (2h)	SNR Surf (2h)	JNR Surf (1.5hr)	SNR Surf (2h)	
	Gold (2hr)	Gold (2hr)	Silver (2hr)	Gold (2hr)	Gold (2hr)	Silver (2hr)	
						Gold (2h 15min)	
<b>06:00 AM</b>		Bronze (1hr 30min)	Bronze (1hr 30min)	Jnr Swimfit/Nippers (1hr)			
<b>06:15 AM</b>	Junior (1hr)		Jnr Swimfit/Nippers (1hr)		Junior (1hr)	Jnr Swimfit/Nippers (1hr)	
<b>07:30 AM</b>						Jnr Swimfit/Nippers (1hr)	
						Junior (1hr 30min)	
						Bronze (1hr 30min)	
<b>02:00 PM</b>	Gold (2hr)	Gold (2hr)	Gold (2hr)				
	Silver (2hr)	Silver (2hr)	Silver (2hr)				
<b>03:30 PM</b>	Junior (1hr)	Junior (1hr)	Bronze (1hr 30min)	Bronze (1hr 30min)	Junior (1hr)		
			Junior (1hr)	Junior (1hr)			
<b>04:00 PM</b>	Silver (2hr 30min)		Silver (2hr 15min)	Silver (2hr)	Bronze (1hr 30min)		
				Gold (2h 15min)	Silver (2hr)		
<b>04:30 PM</b>	Bronze (1hr 30min)	Junior (1hr)	Junior (1hr)	Junior (1hr)	Junior (1hr)		
<b>05:00 PM</b>				Silver (2hr)			



# CLASS DESCRIPTIONS

## GOLD SQUAD MIAMI

The Gold squads have 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

## SILVER SQUAD MIAMI

Designed for swimmers already competing at a State level, in silver 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 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.

## BRONZE SQUAD MIAMI

Bronze squad is the entry group into our performance focused squads. Building upon the fundamental swimming skills and develop your child's ability to learn how to train and help them develop a growth mindset and develop a love for the sport. 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. This is achieved by introducing more advanced drills and training techniques.

## JUNIOR SQUAD MIAMI

Fun & safety is the primary objective of all Junior swimming, coincidentally it is reason we 'learn to swim' initially. Junior Squad is designed for children predominately 6 years and older, and is targeted at swimmers that have completed all the skills associated with learn to swim lessons. Junior Squad's focus is 1-2 key concepts every session, and swimmers within each individual session will be allocated to the lane & group that provides the optimal learning environment.

## SURF SQUAD MIAMI

The Surf Squad is designed for senior multi-sport athletes. It targets the specific endurance and speed requirements of the athlete's primary sport and event. This squad trains with our Gold/Elite Squads in the mornings and therefore requires a high level of fitness and commitment. Younger or less advanced athletes who are not at this senior level will start in Junior Surf Squad sessions to build endurance and speed needed.

## JNR SURF SQUAD MIAMI

The Junior Surf Squad is designed for developing multi-sport athletes. It targets the specific endurance and speed requirements of the athlete's primary sport and event.

## Jnr Swimfit/Nippers Squad Miami

This squad is suited to younger swimmers who are interested in general Swim fitness and/or Surf nippers. Swimmers are encouraged to attend 2-3 sessions a week. Sessions are 1 hour in length and are predominately freestyle based. Not suitable to swimmers at Junior surf/Bronze levels and above