



SWIM SQUADS

The Canterbury Aquatic Centre squad program offers a multi-level systematic approach to teaching swimming which will ensure swimmers will continue to enjoy the sport of swimming while developing their swimming abilities.

MINI SQUAD

LOCATION: MAIN POOL

FOCUS: Develop stroke technique, training skills and prepare swimmers for school and interclub competitions.

SELECTION CRITERIA:

- Swimmers aged 7-15 years.
- Competent in all four strokes.
- *At the discretion of the Head Coach.

MAJOR COMPETITIONS:

- Brisbane Championships.
- Interclub Competitions.
- Club Championships.
- School Competitions.

COACH: Mini Squad Coach.

SWIM SESSIONS: 5 Allocated Sessions per week.

EQUIPMENT: Goggles, Swim Cap, Kick Board, Flippers, Pull Buoy, Water Bottle.

	AM	AM	PM	PM
	Swim	Land	Swim	Land
MONDAY			3:45-4:30 4:30-5:15	
TUESDAY			3:45-4:30 4:30-5:15	
WEDNESDAY			3:45-4:30 4:30-5:15	
THURSDAY			3:45-4:30 4:30-5:15	
FRIDAY			3:45-4:30 4:30-5:15	
SATURDAY				



JUNIOR SQUAD

LOCATION: MAIN POOL

FOCUS: Develop stroke technique, training skills and prepare swimmers for school and interclub competitions.

SELECTION CRITERIA:

- Swimmers aged 7-15 years.
- Competent in all four strokes.
- *At the discretion of the Head Coach.

MAJOR COMPETITIONS:

- Brisbane Championships.
- Interclub Competitions.
- Club Championships.
- School Competitions.

COACH: Junior Squad Coach.

SWIM SESSIONS: 5 Allocated Sessions per week.

EQUIPMENT: Goggles, Swim Cap, Kick Board, Flippers, Pull Buoy, Water Bottle.

	AM	AM	PM	PM
	Swim	Land	Swim	Land
MONDAY			3:45-4:30 4:30-5:15	
TUESDAY			3:45-4:30 4:30-5:15	
WEDNESDAY			3:45-4:30 4:30-5:15	
THURSDAY			3:45-4:30 4:30-5:15	
FRIDAY			3:45-4:30 4:30-5:15	
SATURDAY				



INTERMEDIATE SQUAD

LOCATION: MAIN POOL

FOCUS: Develop stroke technique, skills, and energy systems. Prepare swimmers for competitions and working towards achieving a state age qualifying time.

SELECTION CRITERIA:

- Swimmers aged 10-18 years.
- Compete in all four strokes.
- Have a high level of stroke and training skills.
- *At the discretion of the Head Coach.

MAJOR COMPETITIONS:

- State Sprint Championships.
- Brisbane Championships.
- Club Championships.
- School Competitions.

COACH: Intermediate Squad Coach.

SWIM SESSIONS: 6 Allocated Sessions per week.

LAND SESSIONS: 5 per week.

EQUIPMENT: Goggles, Swim Cap, Kick Board, Flippers, Finger Paddles, Snorkel, Pull Buoy, Water Bottle.

	AM	AM	PM	PM
	Swim	Land	Swim	Land
MONDAY			3:45-5:00	3:30-3:45
TUESDAY			3:45-5:00	3:30-3:45
WEDNESDAY			3:45-5:00	3:30-3:45
THURSDAY			3:45-5:00	3:30-3:45
FRIDAY			3:45-5:00	3:30-3:45
SATURDAY	6:00-8:00			



STATE SQUAD

LOCATION: MAIN POOL

FOCUS: Preparing swimmers for state championship competitions and working towards achieving a national age qualifying time.

SELECTION CRITERIA:

- Swimmers aged 10-18 years.
- Achieve a state age qualifying time.
- *At the discretion of the Head Coach.

MAJOR COMPETITIONS:

- State Age Championships.
- State Sprint Championships.
- Brisbane Championships.
- Club Championships.
- School Competitions.

COACH: State / National Squad Coach.

SWIM SESSIONS: 9 Allocated Sessions per week.

LAND SESSIONS: 5 per week.

EQUIPMENT: Goggles, Swim Cap, Kick Board, Flippers, Finger Paddles, Hand Paddles, Snorkel, Pull Buoy, Water Bottle.

	AM	AM	PM	PM
	Swim	Gym / Land	Swim	Gym / Land
MONDAY	5:30-7:30		5:00-6:30	4:30-5:00 Core & Stretch
TUESDAY	5:30-7:30		5:00-6:30	4:30-5:00 Core & Stretch
WEDNESDAY			5:00-6:30	4:30-5:00 Core & Stretch
THURSDAY	5:30-7:30		5:00-6:30	4:30-5:00 Core & Stretch
FRIDAY	5:30-7:30			
SATURDAY	6:00-8:00			



NATIONAL SQUAD

LOCATION: MAIN POOL

FOCUS: Preparing swimmers for national and international competitions.

SELECTION CRITERIA: - Achieve a national age or open qualifying time.
- *At the discretion of the Head Coach.

MAJOR COMPETITIONS: - International Competitions.
- Australian Open Championships.
- Australian Age Championships.
- State Open Championships.
- State Age Championships.
- Brisbane Championships.

COACH: National Squad Coach.

SWIM SESSIONS: 9 Allocated Sessions per week.

GYM / LAND SESSIONS: 5 per week.

EQUIPMENT: Goggles, Swim Cap, Kick Board, Flippers, Finger Paddles, Hand Paddles, Snorkel, Pull Buoy, Water Bottle.

	AM	AM	PM	PM
	Swim	Gym / Land	Swim	Gym / Land
MONDAY	5:30-7:30		5:00-6:30	4:30-5:00 Core & Stretch
TUESDAY	5:30-7:30		5:00-6:30	4:30-5:00 Core & Stretch
WEDNESDAY			5:00-6:30	4:30-5:00 Core & Stretch
THURSDAY	5:30-7:30		5:00-6:30	4:30-5:00 Core & Stretch
FRIDAY	5:30-7:30			
SATURDAY	6:00-8:00			

***Note:** Swimmers may be invited to attend swimming sessions and / or gym sessions that are above, equal to, or lesser than their current squad level. This will be at the Head Coaches discretion and dependant on swimmer performance (training and competition), maturity and availability of pool / gym space.