



CANTERBURY COLLEGE AQUATIC CENTRE SQUAD TIMETABLES

SWIM SQUADS

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

Tiny Taipans



LOCATION: MAIN POOL

FOCUS: The first of the squads after graduating from Learn To Swim, this squad's focus will be on the development of all four strokes and developing basic movement patterns and motor skills. With an emphasis on learning through the introduction of drills and basic competition skills.

CRITERIA

- Competent in all four strokes.
- Encouraged to join the Canterbury Taipans Swimming Club.
- Swimmers aged 6-9 generally.

COMPETITIONS: -

- Club Nights
- Local Development Meets
- School Competitions

SWIM SESSIONS: Five allocated sessions per week. Recommended three sessions a week.

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

	AM	AM	PM	PM
	Swim	Land	Swim	Land
MONDAY			3:30pm – 4:15pm	
TUESDAY			3:30pm – 4:15pm	
WEDNESDAY			3:30pm – 4:15pm	
THURSDAY			3:30pm – 4:15pm	
FRIDAY			3:30pm – 4:15pm	
SATURDAY				



DEVELOPMENT SQUAD

LOCATION: MAIN POOL

FOCUS: Training is technique focused but with the introduction of aerobic conditioning. Training will be one-hour plus duration with the basic dryland activities

CRITERIA:

- Competent in all four strokes.
- Expected to join the Canterbury Taipans Swimming Club.
- Swimmers aged 9-12 generally.

COMPETITIONS:

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

SWIM SESSIONS: Six allocated sessions per week. Recommended three to four sessions a week.

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

	AM	AM	PM	PM
	Swim	Land	Swim	Land
MONDAY			3:40pm – 4:55pm	3:30pm – 3:40pm
TUESDAY			3:40pm – 4:55pm	3:30pm – 3:40pm
WEDNESDAY			3:40pm – 4:55pm	3:30pm – 3:40pm
THURSDAY			3:40pm – 4:55pm	3:30pm – 3:40pm
FRIDAY			3:40pm – 4:55pm	3:30pm – 3:40pm



TALENT SQUAD

LOCATION: MAIN POOL

OBJECTIVE: During this stage of development, the emphasis will be on aerobic conditioning. The training will be predominately of high volume, low intensity workloads. Technique in all strokes and racing skills continue to be developed

CRITERIA:

- Have a high level of stroke and training skills.
- Member of the Canterbury Taipans Swimming Club.
- Swimmers aged 11-13 with good competence.

COMPETIONS:

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

SWIM SESSIONS: Seven allocated sessions per week. Minimum of four sessions per week.

LAND SESSIONS: Five per week.

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

	AM	AM	PM	PM
	Swim	Land	Swim	Land
MONDAY			3:45pm – 5:15pm	3:30pm – 3:45pm
TUESDAY	6.15am – 7:45am		3:45pm – 5:15pm	3:30pm – 3:45pm
WEDNESDAY			3:45pm – 5:15pm	3:30pm – 3:45pm
THURSDAY	6.15am – 7:45am		3:45pm – 5:15pm	3:30pm – 3:45pm
FRIDAY			3:45pm – 5:15pm	3:30pm – 3:45pm
SATURDAY				



TARGET SQUAD

LOCATION: MAIN POOL

FOCUS: Target squad training will have a continued emphasis on physical conditioning with the focus on maintaining high volume workloads but with increasing intensity. More specific development of specific strokes or distances and introduction to strength training.

CRITERIA:

- Swimmers aged 13-18.
- Have a high level of stroke and training skills.

MAJOR COMPETITIONS:

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

SWIM SESSIONS: Nine allocated sessions per week. Minimum of six sessions per week.

LAND SESSIONS: Five per week.

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

	AM	AM	PM	PM
	Swim	Gym / Land	Swim	Gym / Land
MONDAY	5:45am – 7:45am		4:45pm – 6:15pm	4:30pm – 4:45pm
TUESDAY	5:45am – 7:45am		4:45pm – 6:15pm	4:30pm – 4:45pm
WEDNESDAY			4:45pm – 6:15pm	4:30pm – 4:45pm
THURSDAY	5:45am – 7:45am		4:45pm – 6:15pm	4:30pm – 4:45pm
FRIDAY	5:45am – 7:45am		3:30pm – 5:15pm	