

KR Swim Squad Information



Gold Squad



Silver Squad



Gold squads is the top level of swimming available at Kwinana Recquatic. These sessions work on building the strength of the swimmer through dry and ability catered programs whilst fine tuning technique, dives, turns and developing swimming skills. High intensity programs build on fitness and stamina in addition to technique focussed sessions. Non-threatening environment, friendly coach and fully structured squad.

Silver squads is the second level of swimming available at Kwinana Recquatic. These sessions work on developing the swimmer through dry and ability catered programs whilst fine tuning technique, dives, turns and developing swimming skills. Non-threatening environment, friendly coach and insight to a structured squad - perfect for swimmers just beginning to take a more serious side to swimming.

Current Session Times:

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