

Kwinana Recquatic Swim Squads

Program Information

Kwinana Recquatic Swim Squads is a program run in conjunction with the Kwinana Hornets Swimming Club. Squads is specifically designed to cater for any ability to boost fitness and improve swimming skills. Squads are a recognised way to improve not just your swimming ability but are also a great way to keep fit and meet new people. To help you adapt to our squads program we have included some information below.

JUNIOR LIFEGUARD CLUB (Swim School)

Pre-requisites: Level 7+, ability to swim 50 metres and tread water for 3 minutes.

Endorsed by the Royal Life Saving Society Australia, Junior Lifeguard Club is a fun innovative program that is a fantastic opportunity for anyone to advance in swimming and lifesaving skills and aren't quite ready for the squads experience.

Times: Wednesday 3:40pm to 4:25pm

Cost: \$108 for 10 sessions.

BRONZE SQUAD (Squads)

Pre-requisites: Level 7+, ability to swim 200 metres without stopping and tread water for 5 minutes.

Third tier level of squadding at Kwinana Recquatic sessions work on developing the swimmer through dry and ability catered programs whilst fine tuning technique, and developing swimming skills. A non-threatening environment, friendly coach and insight to a structured squad, Bronze Squad is perfect for swimmers just finding a fitness side to swimming.

Times: Monday, Wednesday, Friday 4:30pm to 5:30pm
Thursday (Dry land activities) 4:30pm to 5:30pm

Cost: \$55 for 12 sessions including equipment (please bring fins) and pool entry.

SILVER SQUAD (Squads)

Pre-requisites: Recognised by a KR swimming teacher or coach and the ability to swim 400 metres without stopping and tread water for 5 minutes.

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

Times: Monday, Wednesday, Friday 4:30pm to 5:30pm
Thursday (Dry land activities) 4:30pm to 5:30pm

Cost: \$55 for 12 sessions including equipment (please bring fins) and pool entry.

GOLD SQUAD (Squads)

Pre-requisites: Recognised by a KR coach with the ability to swim at state or national competitive level.

The top squad at Kwinana Recquatic sessions developing the swimmer to the top level of competitive swimming through ability, paced and dry programs. Strength development whilst developing technique, turns, dives and all round swimming fitness are important aspects of this squad. A non-threatening environment, friendly coach and structured squad, Gold Squad is perfect for swimmers with a foot in the competitive swimming world.

Times: Monday, Wednesday, Friday 4:30pm to 6:00pm
Tuesday (early morning) 6:00am to 7:30am
Thursday (Dry land activities) 4:30pm to 5:30pm

Cost: \$55 for 12 sessions including equipment (please bring fins) and pool entry.

WHAT YOU NEED TO KNOW (Squads)

From the coaching staff:

- ✓ Squads can cater for any ability (recreational, school, club, state or national level) providing they meet pre-requisites and are recognised by our coaching staff.
- ✓ Squad recommends membership to the Kwinana Hornets Swim Club as encouragement towards competitive swimming.
- ✓ Squad recommends swim club members participate in metropolitan and country swim meets with the goal being improvement.

Squads guidelines:

- ✓ Participants ensure you have goggles, swim fins (regrettably will not be provided by squads) and water bottle at each session. If in a gym session ensure you have a sweat towel, closed in shoes and drink or else you will not be allowed to participate.
- ✓ Participants ensure you arrive at least 10 minutes prior to the session starting time to participate in a dry warm up routine ensuring you are ready to start the session on time. Push-ups will result in lateness as starting on time in uniform is important because each session is planned with this time scale in mind.
- ✓ Participants ensure you are listening to the coach and inform them of any issues you may be having (injury, sickness etc).
- ✓ Participants ensure you are participating at the best of your ability to ensure you get the most from your training session.
- ✓ Participants ensure you start, turn and finish correctly – if you are unsure on how please ask your coach.
- ✓ Finally, participants ensure you have a good time.