



# WILLOUGHBY SWIM SQUADS



## TERM 2 2019 SQUAD INFORMATION

Monday 29th April – Sat 6th April

**Payment due Monday 22nd April**

[www.willoughbyswimsquads.com.au](http://www.willoughbyswimsquads.com.au)

<b>STINGRAYS 45 MINS</b> recommended: 2- 4 sessions per week						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
am	7.00-7.45 am	7.00-7.45 am	7.00-7.45 am	7.00-7.45 am	7.00-7.45 am	
pm	4.00-4.45pm	4.00-4.45pm	4.00-4.45pm	4.00-4.45pm	4.00-5.00pm	3.00 - 3.45pm

<b>SEALION 60 MINS</b> recommended: 2- 4 sessions per week						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
am	6.45-7.45am	6.45-7.45am	6.45-7.45am	6.45-7.45am	6.45-7.45am	
pm	4.45-5.45pm	4.45-5.45pm	4.45-5.45pm	4.45-5.45pm	4.00-5.00pm	3.45 - 4.45pm
			6.00-7.00pm			

### COMPETITIVE TRANSITION: Minimum 3 - 5 sessions per week

Our Competitive Transition Squad identifies talented Sealion swimmers and transitions them towards our competitive Swordfish squads. A minimum of 3 to 5 sessions per week of which at least 1 will be a morning session. Swimmers at this level can choose between lessons in Sealion and Swordfish squads. They must be a registered Willoughby Swim Club member competing regularly on Club nights and training all year-round including holiday periods.

### SWORDFISH 90 MINS Minimum 5 - 6 sessions p.w. / DOLPHINS 90 MINS 6 -10 sessions p.w.

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
am	5.30-7.00am	5.30-7.00am	5.30-7.00am		5.30-7.00am	7.00 - 8.30am
pm	5.45-7.15pm	5.00-7.15pm*	**Trans +	5.00-7.15pm*	5.15-6.30pm	

\*Land Training is for all swimmers in Swordfish and Dolphins Squads. Set up 4.50pm, 5-5.40pm Tuesday and Thursday night. Water training commences at 5.45pm. For competitive swimmers, attendance at land training is compulsory prior to Tuesday and Thursday night training.

\*\*Please note. Wednesday pm is only open to Transition swimmers and those Swordfish and Dolphin swimmers doing more than 6 sessions per week. More information will be provided in meeting scheduled for 29<sup>th</sup> January.

### SWIM FIT 60 MINS recommended: 1- 2 sessions per week

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
pm				6.00-7.00pm		

### ADULTS 60 OR 90 mins recommended: 3 sessions p.w.

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
am	5.30 – 7 am	5.30 – 7 am	5.30 – 7 am		5.30 – 7 am	7-8.30am

ENQUIRIES: 0431 215 808

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