

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:30 AM	Redcliff Tri Squad ()	SwimFit + Adult (1hr)	Redcliff Tri Squad ()	SwimFit + Adult (1hr)	Redcliff Tri Squad ()		
		Senior (Bronze)		SwimFit + Adult (1hr)			
06:00 AM						SwimFit + Adult (1hr)	
06:30 AM		Junior (1 hr)		Junior (1 hr)			
07:00 AM						Senior (Bronze)	
						Junior (1 hr)	
03:30 PM	Junior (1 hr)	Senior (Bronze)	Junior (1 hr)	Senior (Bronze)	Junior (1 hr)		
04:30 PM	Senior (Bronze)		Senior (Bronze)		Senior (Bronze)		
05:00 PM		Junior (1 hr)		Junior (1 hr)			
06:00 PM	SwimFit + Adult (1hr)		SwimFit + Adult (1hr)				



CLASS DESCRIPTIONS

BRONZE SQUAD NORTHLAKES

Senior (Bronze) squad is designed for swimmers looking to take the next step in their training. Building upon the fundamental swimming skills and develop your child's ability to learn how to train and help them develop a growth mindset and develop a love for the sport. Individual swimmers will be introduced to a variety of racing opportunities as they continue to master the four competitive strokes and gain greater proficiency in turns, starts and finishes. This is achieved by introducing more advanced drills and training techniques

JUNIOR SQUAD NORTHLAKES

Fun & safety is the primary objective of all Junior swimming, coincidentally it is reason we 'learn to swim' initially. Junior Squad is designed for children predominately 6 years and older, and is targeted at swimmers that have completed all the skills associated with learn to swim lessons. Junior Squad's focus is 1-2 key concepts every session, and swimmers within each individual session will be allocated to the lane & group that provides the optimal learning environment.

SWIMIFIT+ SQUAD NORTHLAKES

Our SwimFit+ squad sessions are designed to improve performance and technique. SwimFit+ sessions are tailored to the goals of the SwimFit+ members. Longer sessions, lower lane density and experienced Rackley Coaches will help you reach your swimming goal. This level is for those who are looking to improve their swimming technique and fitness. It is suitable for a wide variety of people, from beginners through to competitive swimmers training for Masters, Triathlon and/or Ocean swimming

REDCLIFFE TRI SQUAD

Triathlon training for members of Redcliffe Triathlon Club.