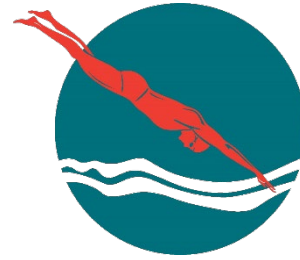


CHISHOLM SWIM ACADEMY DELIVERY



LEARN TO SWIM PROGRAMS

CHISHOLM COLLEGE FACILITY

Delivered: All year (minus Summer Holidays)

PROGRAM DELIVERY Ages: 3+ years of age

Under 5 Programs
5+ Programs
Mini Squad

SQUAD DEVELOPMENT PROGRAMS

CHISHOLM COLLEGE FACILITY

Delivered: All year

PROGRAM DELIVERY Ages: 7-18 years of age

Fundamental Squad
Junior Development Squad
Junior Swim Sports Squad

Squad Development Overview



Squad	Sessions	Age Range	Description	Ability
Fundamental Squad	Five sessions offered per week	7-12 years of age	<p>This squad program is aimed at junior athletes who have progressed from Learn to Swim and are interested in swimming in a squad environment with a view to improve swimming skills, fitness and to have fun.</p> <p>A core focus of this squad is an emphasis on stroke technique, learning drills and skill development within a friendly and encouraging environment.</p>	<p>To be eligible for this squad program, participants are required to have completed Mini Squad (or equivalent at another Learn to Swim school).</p> <p>Before joining this squad, participants must attend a try out and demonstrate a fundamental ability in freestyle, backstroke, breaststroke and butterfly.</p>
Junior Development Squad	Five sessions offered per week	9-12 years of age	<p>This squad program is the second progression of the development pathway giving participants the opportunity of entering into the competitive a swimming pathway over the coming seasons.</p> <p>The program aims to assist athletes strengthen the foundations of competitive technique and skill across all four strokes with an emphasis on medley swimming.</p> <p>Participants will be educated on training etiquette and the importance of team, as they develop habits that will continue throughout their swimming journey.</p>	<p>To be eligible for this squad program, participants are required to have participated in the Fundamental Squad or equivalent.</p> <p>They must be able to demonstrate the fundamentals in completing swim sets, reading a clock, and achieved the capacity to perform freestyle, backstroke, breaststroke, butterfly with a high standard of technique.</p>
Junior Swim Sports Squad	Five sessions offered per week	12-18 years of age	<p>This squad program is for swimmers aged in their teenage years who wish to maintain swimming as one of their sports or activities.</p> <p>The program is designed for athletes who currently aim to maintain a good level of swimming fitness, compete in their aquatic associated sport (e.g. triathletes, surf swim) and wish to train alongside like-minded swimmers.</p>	<p>To be eligible for this squad programs participants are required to have participated in the Junior Development Squad or equivalent.</p> <p>They must be able to demonstrate the fundamentals in completing swim sets, reading a clock and achieved the capacity to perform freestyle, backstroke, breaststroke, with sound technique.</p>

Squad Development Training Schedule

Training Period: Term 3 & September School Holidays (12 weeks)

Tuesday 25 July - Saturday 7 October



Chisholm College Facility	Session Duration		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fundamental Squad	1 hour			4:00PM-5:15PM (combined) Coach: Stella		4:00PM-5:00PM Coach: Stella	4:00-5:00PM Coach: Emily	8:00AM-9:00AM Coach: Macie
Junior Development Squad	1 hour 15 minutes					3:45PM-5:00PM (combined) Coach: Paola	4:00-5:15PM Coach: Paola	7:00AM-8:00AM Coach: Macie
Junior Swim Sports Squad	1 hour 15 minutes			3:45PM-5:00PM Coach: Paola			5:00PM-6:15PM Coach: Paola	6:30AM-7:45AM Coach: Emily

*** Starting one week later – will credit the missed week**

*** Wednesday PM will return in Term 4**

Squad Development Fees

Term Fee: Term 3 & September School Holidays (12 weeks)



Squad Fees Flat rate per quarter	Standard Member No affiliation to CC	Chisholm College Student	Chisholm College Sibling
Fundamental Squad	\$298	\$210	\$267
Junior Development Squad	\$319	\$225	\$275
Junior Swim Sports Squad	\$345	\$241	\$314
<u>Squad Development Enrolment Link</u>			

2023 Term Planner and Enrolment

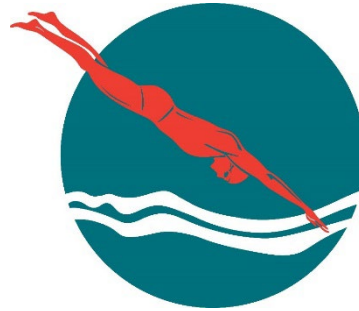


CHISHOLM
SWIM ACADEMY

Payment Block	TERM 1 & APRIL HOLIDAYS (12wks)	TERM 2 & JULY HOLIDAYS (12wks)	TERM 3 & SEPTEMBER HOLIDAYS (12wks)	TERM 4 & JANUARY HOLIDAYS (12wks)
Program Operating Dates	Monday 30th Jan – Saturday 22nd April	Tuesday 25th April – Saturday 15th July	Tuesday 18th July – Saturday 7th Oct	Monday 9th October – Saturday 27th Jan
Enrolment Opening Date	TUESDAY 2 ND JANUARY	MONDAY 27 TH MARCH	MONDAY 19 TH JUNE	MONDAY 4 TH SEPTEMBER

** Squad Development members are able to train at Chisholm swimming facility on a weekly basis*

*** No Squad Development training sessions will be delivered on Public Holidays at Chisholm swimming facility (unless notified by admin otherwise)*



CHISHOLM
SWIM ACADEMY

General Enquiries Squad Development Programs

squadswimming@pc.wa.edu.au

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