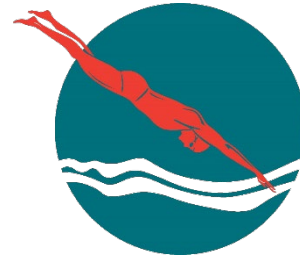


CHISHOLM SWIM ACADEMY DELIVERY



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	Description	Ability
Fundamental Squad (FUN)	Four sessions offered per week	<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 (JDS)	Four sessions offered per week	<p>This squad program is the next step after Fundamentals, it is designed for primary and secondary school swimmers looking to improve their swimming skills, focusing on building on a strong foundation in competitive technique in all four strokes.</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 (JSS)	Four sessions offered per week	<p>This squad is designed for swimmers who want to maintain a high level of swimming technique whilst building endurance and speed with the possibility to peruse a competitive pathway.</p> <p>The program is also designed for swimmers who are interested in preparing for Swimming Carnivals, participate in aquatic sports (surf, swim, triathlon) and for open water events.</p>	<p>To be eligible for this squad programs participants are required to have participated in the Junior Development Squad or equivalent.</p> <p>Participants are required to show strong execution of all four strokes and training skills, whilst also being comfortable swimming for longer distances.</p>

Squad Development Training Schedule

Training Period: Term 2 & July School Holidays

Monday 15 April - Saturday 13 July



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

*** No Squad Development training sessions will be delivered on Public Holidays.**

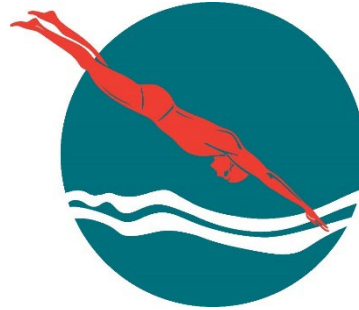
*** July school holiday training schedule is subject to change depending on resources.**

Squad Development Fees

Term Fee: Term 2 & July School Holidays (12 weeks)



Squad Fees Flat rate per quarter	Standard Member No affiliation to CC	Chisholm College Student	Chisholm College Sibling
Fundamental Squad	\$315	\$220	\$284
Junior Development Squad	\$335	\$235	\$302
Junior Swim Sports Squad	\$360	\$252	\$324
<u>Squad Development Enrolment Link</u>			



CHISHOLM
SWIM ACADEMY

General Enquiries Squad Development Programs

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