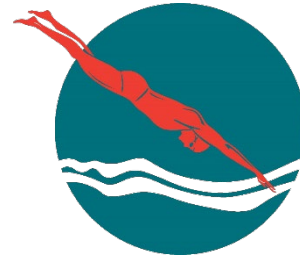


CHISHOLM SWIM ACADEMY DELIVERY



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
Development Squad
Advanced Squad

Squad Development Overview



| Squad | Sessions | Description | Ability |
|--------------------------------|---------------------------------------|--|--|
| Fundamental Squad (FUN) | Five 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> |
| Development Squad (DEV) | Five 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> |
| Advanced Squad (ADV) | Five 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

2025 Training Period: Term 2 & July School Holidays (12 Weeks)
Monday 28 April – Saturday 19 July



| Chisholm College Facility | Session Duration | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------|-------------------|--|---|--------------------------------|-----------|--------------------------------|-------------------------------|--|
| Fundamental Squad | 1 hour | | 3:45-4:45PM Coach: Rachel & Sofia B | 5:15-6:15PM Coach: Stella F | | 5:15-6:15PM Coach: Rachel | 4:00-5:00PM Coach: Flynn | 8:30-9:30AM Coach: Erin/Flynn |
| Development Squad | 1 hour 15 minutes | | Combined DEV + ADV 4:45-6:00PM Coach: Sofia B | 4:00-5:15PM Coach: Stella F | | 4:00-5:15PM Coach: Stella F | 5:00-6:15PM Coach: Sofia T | Combined DEV + ADV 7:15-8:30AM Coach: Erin |
| Advanced Squad | 1 hour 15 minutes | | | 3:45-5:00PM Coach: Paola | | 3:45-5:00PM Coach: Paola | 4:00-5:15PM Coach: Sofia T | |

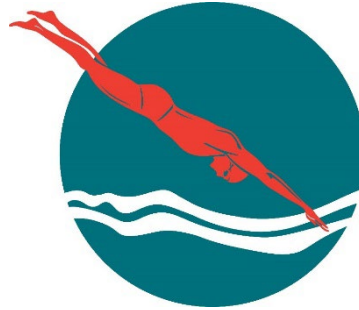
** No Squad Development training sessions will be delivered on Public Holidays (unless notified by PCSA Admin).*

Squad Development Fees

Term Fee: Term 2 & July 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 |
| Development Squad | \$335 | \$235 | \$302 |
| Advanced Squad | \$360 | \$252 | \$324 |
| <u>Squad Development Enrolment Link</u> | | | |



CHISHOLM
SWIM ACADEMY

General Enquiries Squad Development Programs

squadswimming@pc.wa.edu.au

08 9471 2257