

## Bronze Squad

\$92.40 / month

OR

\$17.00 / lesson

This squad is aimed at the children finishing in the learn to swim program. The child is now able to swim efficiently. Our aim here is to give them the confidence to swim to safety, whilst building their confidence and fitness. We will endeavour to introduce in a friendly non-threatening environment the skills and thrills of the world of competitive swimming. Swimmers will learn to use the pace clock, correct turns, starts whilst improving their strokes and endurance.

Target is for swimmers to make 2-3 sessions per week.

Swimming sessions:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						8.00-9.00am
		6.00-7.00pm		4.00-5.00pm		

The primary goal in this squad is to get the swimmers to be able to swim 400m of Freestyle in good form. This provides the peace of mind that your child is a safe and competent young swimmer.

### Promotion to Silver squad

**Test set would involve completing the following sets**

10 x 50 on 1.15

4 x 50 Backstroke on 1.30

3 x 100 Breaststroke on 1.30

2 x 25 Fly on 1.00

**Swimmers are encouraged to compete in the following events over winter**

**Monthly Time Trials – the first Wednesday in the month**

**Kick Board Challenge – to be advised**

### Equipment Required in the Bronze Squad

Goggles, Flippers – Large

Swimmers should always have drink bottle filled and on hand.