

## Fitness Squad

This squad is aimed at the swimmers that are interested in swimming for fitness or social reasons. The morning sessions are for those that have come from a background in swimming or surf lifesaving. Swimmers in this morning group would be able to achieve to swim 30 x 50 of freestyle on 55 seconds. The evening sessions are for anyone who has a desire to get fit, have fun and can swim at least 200m of freestyle without stopping. This evening group historically was our Aussie Program.

Test set to attend the morning sessions would be 30 x 50 on 55 seconds

Swimmers should be 14 years of age or over.

Swimmers looking to swim in the morning should swim on a regular basis at least twice per week.

### Swimming sessions:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5.00-7.00am		5.00-7.00am		5.00-7.00am	
		7.00-8.00pm		6.30-7.30pm	7.00-8.00pm	

### Equipment Required in the Fitness Squad

Goggles,

Flippers – Large

Snorkel

Pull Buoy

Kick Board

Band

Swimmers should always have drink bottles filled and on hand.

Hydration starts long before swimmers arrive at the pool and finish well after training. It is beneficial to drink small amounts more often rather than large amounts in a single drink.