

Teen & Adult Squads

Adult Squads are suitable for swimmers 16 years and above and our Teen Health and Fit program is suitable for swimmers 13 years and above. To assist you in selecting the squad that best suits your needs and ability, please see below.

Surf and Tri Squad 5:00am – 6:15am (Monday – Friday)
<p>The Adult Surf and Tri Squad is designed for swimmers 16 years and above who would like to build their already solid foundation of fitness whilst maintaining good technique and applying it with serious speed and time cycle training. This Squad works best for swimmers who want to pursue a high level of fitness. Swimmers are required to hold 10 x 100 Freestyle on the (1.45) time cycle but may also find themselves holding time cycles of 100's on the (1.15) time cycle.</p>
Health and Fit Squad Early AM 6:15 am – 7:15am (Monday – Friday)
<p>The 6:15am – 7:15am Health and Fit Squad is designed for swimmers 16 years and above. This squad is a shorter version of the Surf and Tri Squad. The aim of the Health and Fit squad is to be able to build on your fitness whilst maintaining good technique and applying it with some fast time cycle training. The early morning health and fit squad swimmers are required to hold 10 x 100 Freestyle on the (1.45) time cycle but may also find themselves holding time cycles of 100's on the (1.15).</p>
Health and Fit Squad (Tuesday & Thursday) Late AM 9:30am – 10:30am, Late PM 6:30 pm – 7:30 pm & Saturday 7:00am – 8:00am
<p>This Health and Fit Squad is designed for swimmers 16 years and above. This squad has a slightly more relaxed approach than the early Health & Fit Squad. The aim of this squad is to build on fitness levels whilst maintaining good technique and applying it with some time cycle training. This squad should be able to hold 10 x 100 Freestyle on the (2.30) time cycle but may also find themselves holding time cycles of 100's on the (1.45) and applying it with good technique.</p>
Teen Health & Fit Squads AM = Tuesday and Thursday 6:15am – 7:15 am & Saturday 7:00am-8:00am PM = Tuesday and Thursday 6:30pm – 7:30pm
<p>The Teen Health & Fit Squads are designed for swimmers 13 years and above. These squads cater only for older Target and Performance swimmers who may be after a more relaxed approach rather than the competitive approach to their swimming. The aim of this squad is to build on fitness levels whilst maintaining good technique and applying it with some time cycle training. This squad should be able to hold 10 x 100 Freestyle on the (2.30) time cycle but may also find themselves holding time cycles of 100's on the (1.45) and applying it with good technique.</p>

All squads start and finish at the programmed times, it is best to be on time and finish at the programmed times so you don't miss your warm up or warm down as this is a very important part of your training. It also ensures squads are swimming the sets together.