



# SQUADS



**LEADERS IN AQUATIC EDUCATION  
ON THE COAST**





## **FUN, FITNESS AND FUTURE CHAMPIONS**

*Squads at 5 Star Swim Schools cater for swimmers who want to achieve in the pool, surf or for general fitness. Our philosophy is to teach great technique, combined with speed and endurance.*

### **MINI SQUAD**

This is our first level for squad swimmers. Stroke timing, tumble turns and attention to style and technique are given top priority to enable swimmers to carry good technique throughout their swimming careers. As a minimum requirement swimmers must be able to swim freestyle, backstroke and breaststroke correctly. 2 Sessions per week are recommended. Own swim fins required.

### **JUNIOR SQUAD**

Incorporating all strokes with particular attention to stroke technique, starts and turns. Endurance swimming is introduced through repetitive sets. The minimum requirement for this squad is the ability to swim all strokes correctly. 2-3 Sessions per week are recommended. Own swim fins required.

### **INTERMEDIATE SQUAD**

Swimmers are promoted to intermediate squad as their style and stamina improves. The focus of this squad is increasing speed and endurance through efficient technique. 3 Sessions per week are recommended. Own swim fins and pull buoy required.

### **SENIOR SQUADS**

Work at a faster pace with emphasis on strength, style and speed. This squad is suitable for teenage swimmers who wish to improve fitness and endurance in a quality, goal oriented program. 3 Sessions+ per week are recommended. Swimmers will need their own swim fins, pull buoy and paddles.

### **JUNIOR & SENIOR HIGH PERFORMANCE SQUADS**

Swimmers in these squads are at or striving toward representative level. Technique is continually drilled in all sessions along with all aspects of competitive swimming. Emphasis on individual goals with coaching in the finer technical aspects. Minimum 4 squads per week depending on age. Swimmers will need their own swim fins, pull buoys, paddles and snorkel.

### **SPORTS & SURF SQUADS**

These squads are available for swimmers who wish to increase their fitness and endurance. Designed to develop great freestyle technique, swimmers will gain confidence in the surf, become safe strong swimmers and develop speed and endurance. Graded squads according to age and ability available mornings and afternoons.

## **KINCUMBER SWIM CENTRES**

**4369 1321**

**102 Avoca Drive Kincumber**

**4368 2422**

**Kerta Road Kincumber**

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### **WYOMING SWIM CENTRE**

**4328 4222**

**1/11 Brooks Avenue**

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### **ERINA SWIM CENTRE**

**4365 0024**

**17 Bonnal Road**

**kincumberswimcentre.com**