

# Term One

## Swimming Session Times



*Effective Monday 29 January – 29 March 2024*

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Yellow Group</b>	4.15pm – 5.15pm		4.15pm – 5.15pm	4.15pm – 5.15pm	
<b>Orange Group</b>	4.15pm – 5.15pm		4.15pm – 5.15pm	4.15pm – 5.15pm	
<b>Green Group</b>	5.15pm – 6.30pm	4.15pm – 6.30pm	5.15pm – 6.30pm	5.15pm – 6.30pm	4.15pm – 6.30pm
<b>Red Group</b>	5.15pm – 6.30pm	4.15pm – 6.30pm (longer session)	5.15pm – 6.30pm	5.15pm – 6.30pm	4.15pm – 6.30pm (longer session)

### **YELLOW and ORANGE**

This term we are allowing both coaches, time to focus on the swimmers in yellow and orange groups, three times a week. We have seen over the summer that this has been a success for progression in stroke correction and development of the swimmers.

### **RED and GREEN**

This term, coaches will be offering longer session times on Tuesdays and Fridays.

Tuesday: The longer session will include dryland training (in either the gym or on outside lawn area). Thus, sports gear will be required.

Additionally, older swimmers striving for more time in the pool will be allowed to have access to a lane from 4.30pm Monday, Wednesday and Thursday. However, this will be a set program (SELF MANAGED) on the white board for swimmers to follow. Coaches will commence the session from 5.15pm onwards.

**Its critical to register for each swim session via STACK APP as we need to be able to plan coaching requirements.**

If you need a hand with setting up STACK APP please let us know.