

BRONZE SQUAD TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning	Rest	Swim 6:40am - 8:00am	Rest	Swim 6:40am - 8:00am	Rest	
Afternoon	Swim 5:00pm - 6:15pm	Swim 5:00pm - 6:15pm	Rest	Swim 5:00pm - 6:15pm	Swim 5:00pm - 6:15pm	Rest

BRONZE SQUAD EXTRA INFORMATION

COMPETITIVE SQUADS	SESSIONS PER WEEK	CRITERIA
Bronze Squad	3 - 5 sessions recommended.	<p>General</p> <ul style="list-style-type: none"> • Non-disruptive, motivated and aiming to develop as a competitive swimmer. <p>Club</p> <ul style="list-style-type: none"> • Must be in a member of a swimming club and regularly attend club nights. <p>Training</p> <ul style="list-style-type: none"> • Able to swim 100m FS, BK and BRST correctly and efficiently. • Able to swim FS and BK with good body position, kick and breathing. • Able to swim BRST with a correct kick. • Have a demonstrated understanding and competence of correct butterfly technique.