

ORANGE SQUAD TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning			Swim 6:00 - 7:00am Dryland/Fitness 7:00 - 7:30am			
Afternoon	Swim 5:00pm - 6:00pm	Swim 5:00pm - 6:00pm		Swim 5:00pm - 6:00pm	Swim 5:00pm - 6:00pm	

ORANGE SQUAD EXTRA INFORMATION

COMPETITIVE SQUADS	SESSIONS PER WEEK	CRITERIA
Orange Squad	2 - 3 sessions per week strongly recommended.	General <ul style="list-style-type: none"> • Enjoys swimming and being apart of the team • Must be an existing member or interested in joining a swimming club • Regularly attending training session. Training <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 working understanding of butterfly.