

OUR SQUAD SESSIONS ^Á are for everyone! ^Á

At the Maryborough Aquatic Centre our squad session are based on technique improvement and developing the skills that will allow you to be an efficient social swimmer or successful competitive swimmer. ^Á

DEVELOPMENT ^Á

Upon completion of our swim school program, students can choose to progress to Development Squad to learn the fundamentals of efficient swimming and focus on developing the skills and techniques in all four strokes, as well as working on aerobic conditioning. ^Á

Session Duration: minutes ^Á

RECREATIONAL ^Á

Aimed at teenagers and adults who want to maintain fitness activities and may be involved in competitive sports. The program continues with stroke development, moving towards the achievement of advanced skills, while also working aerobic development and conditioning.

Session Duration: 60 minutes ^Á

COMPETITIVE ^Á

Advanced swimming technique and skill are learned with a major emphasis on preparing the swimmer for competitive performance. Training programs are designed for individuals and goal setting is a focus for each participant.

Session Duration: mins ^Á

Pre-Squad and Development bookings are essential, with 30min classes in a 10 week term block

****ALL SQUAD CHILDREN MUST BUY THEIR OWN EQUIPMENT****

 FOR MORE
INFORMATION 

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FACEBOOK.COM/MARYBOROUGH AQUATIC CENTRE

WWW.FRASERCOAST.QLD.GOV.AU/AQUATIC-CENTRES

 Fraser Coast
REGIONAL COUNCIL

SQUAD GOALS

at

MARYBOROUGH AQUATIC CENTRE



