

Junior Bronze

The Junior Bronze squad is our entry-level junior squad, and is designed to develop and refine the swimmer's technique in all 4 strokes, and improve fitness and endurance. In addition to training, all Junior Bronze swimmers are encouraged to join a NSW Swimming registered club and begin competing. As a reminder, the program is set up as:

Monday and Tuesday – Freestyle and Backstroke

Wednesday and Thursday – Butterfly and Breaststroke

Friday and Saturday – Individual Medley and racing skills (starts and turns)

This session breakdown is very important when planning your child's sessions for the week. The recommended starting point for Junior Bronze is 3 sessions per week in order to ensure exposure to all 4 strokes and skills.

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior Bronze	4-5PM	7-8AM 4-5PM	4-5PM	7-8AM 4-5PM	4-5PM	8:00-9:00AM