

## Senior Silver

The Senior Silver squad is for teenage swimmers looking to continue to improve all aspects of their swimming. The Senior Silver squad is for competitive swimmers, as well as swimmers looking to support other pursuits such as Water Polo, Surf, Triathlon, or general fitness. Swimmers are recommended to attend between 3 and 5 sessions per week in consultation with the Head Coach. Swimmers in the Silver squad are encouraged to be a competitive member of Warringah Aquatic Swimming Club and will benefit greatly from setting swimming-specific based goals.

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Silver	5:00-6:30PM	5:30-7AM   5:15-6:30PM	5:00-6:30PM	5:30-7AM   5:15-6:30PM	5-6:30PM	8:00-9:00AM