

Metro Group

Fitness and Aquatic Basic sports

Age Range: 13 and Over

Sessions Available:

	Monday	Tuesday	Wednesday	Thursday	Friday
AM		7:00-8:00 (25m)			
PM	5:30-6:30 (50m)	5:00-6:00 (25m)	3:45-5:30 (50m)	5:30-6:30 (50m)	5:00-6:00 (25m)
Notes:	Members need to do a Minimum of 2 sessions a week to attend Wednesday Afternoon				

Focus Points:

- **Competition:** Swimmers are targeting club events and can attend any Local or Regional meets.
- **Training** Metro encompasses both competitive and non-competitive swimmers. It forms part of the pathway between the Junior Olympian and Intermediate Squads. Swimmers training for water polo and simply for fitness will find a home here. Swimmers are able to graduate to the Intermediate squads if they decide to. Key points in this group are
 - Condensed Technique work
 - Speed work

Lead Coach Tiana Hill