

Youth Group

Age Range: 16 and over

Sessions Available:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:45-8:00	6:00-8:00	5:45-7:30		5:45-8:00	6:45-9:30
PM	4:15-6:30	4:00-6:00		4:15-6:30	4:00-5:30	
Notes:	Tuesday and Friday mornings indoors 25m, all other sessions outdoor 50m					
Dryland	3:45-4:15pm	3:40-4:00pm		3:45-4:15pm	3:40-4:00pm	9:40-10:10am

Focus Points:

- **Competition:** Swimmers are targeting New Zealand National and International Team selection
- **Training:** The Youth Group is the top squad at Swim Rotorua looking after our youth age swimmers.
 - More intense dryland sessions
 - Developing leadership skills

Lead Coach Aidan Withington

Further information available

Age Group

Age Range: 12-16 Females, 13-16 Males

Sessions Available:

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Focus Points:

- **Competition:** Swimmers targeting New Zealand Division 2 National Age Groups. Swimmers are also targeting Camp and Team selection
- **Training:** The Age Group squad provides a transition for swimmers that want to perform on a Regional, and National level.
- Increasing mental and swimming strength
- Endeavouring to meet long term training and competition goals

Lead Coach Aidan Withington

Further information available