



AQUAJETS SWIM SCHOOL

A 126 Robinson Street Rockhampton Qld 4700

P 0401 258 842

W <https://aquajetsswimschool.com.au/>

E admin@aquajetsswimschool.com.au

F www.facebook.com/AquaJetsSwimSchool

I www.instagram.com/aquajetsswimschool/



Long Course Preparation #2: Tuesday 28th January – Friday 3rd April 2020

Monday – Thursday & Saturday: Sessions conducted at the Southside Pool
2nd World War Memorial Aquatic Centre, 2 Graeme Acton Way

Wednesday: Race Night, open to all *Dolphin Squad* swimmers
AquaJets Swim School, 126 Robinson Street

Friday: Session conducted at the Northside Pool
42nd Battalion Memorial Pool, 330-360 Berserker St

Dolphin Squad (10-week term)

	TUE	WED	THU	FRI	SAT
AM					
PM	5:00-5:45	5:45-6:45	5:00-5:45	5:00-6:00	3:30-4:30

Bronze Squad

	MON	TUE	THU	FRI	SAT
AM	5:20-7:00				
PM		4:45-6:30	4:45-6:30	5:00-6:00	3:30-4:30

Silver Squad

	MON	TUE	THU	FRI	SAT
AM	5:20-7:00			5:20-7:00	
PM		4:45-6:30	4:45-6:30	5:00-6:00	3:30-4:30

Gold Squad

	MON	TUE	WED	THU	FRI	SAT
AM	5:20-7:00		5:20-7:00		5:20-7:00	
PM		4:45-6:30		4:45-6:30	5:00-6:00	3:30-4:30

Masters/Triathlon Squad:

	MON	TUE	WED	THU	FRI	SAT
AM	5:30-7:00		5:30-7:00		5:30-7:00	
PM						3:30-4:30



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Training equipment required for all sessions:

Dolphin Squad:

- 1x CQ AquaJets cap
- 2x sets of goggles
- 1x kickboard
- 1x set of short fins
- 1x water bottle
- 1x mesh wet bag

Bronze – Gold:

- 1x CQ AquaJets cap
- 2x sets of goggles
- 1x kickboard
- 1x set of short fins
- 1x set of hand paddles
- 1x pull buoy
- 1x swim snorkel
- 2x water bottle
- 1x mesh wet bag