

New Mosman Swim - New Program from 1st October

Squad	Crocs	Mini Squad			Bronze			Silver		
Stage	0	1	2	3	4	5	6	7	8	9
Status	Promote	New	Middle	Promote	New	Middle	Promote	Development	Advanced	Performance
Length Of Session	45 Min	60 Min			75 Min + (From 11 Years Old 15 Min Dryland)			105 Min + 15 Min Dryland (-12yo 90 min +15 Min dryland)		
Promotion	Assesment	Assesment			INVITATION			INVITATION		
Free	2x50 1:30 [1:15]	4x50 1:10	6x50 1:05	8x50 1:00	6x100 2:00	9x100 1:50	12x100 1:45	14x100 1:40	18x100 1:30	22x100 1:20
IM	100 IM good technique	1x100 2:45	2x100 2:30	3x100 2:20	6x100 2:20	8x100 2:10	10x100 2:00	12x100 1:55	16x100 1:45	20x100 1:35
Kick	4x25 1:00	4x25 1:00	6x25 0:50	8x25 0:45	8x50 1:30	12x50 1:20	16x50 1:10	10x100 2:10	12x100 2:00	14x100 1:50
Session (weekly)	1	2			Under 10	3	10-12 (13)	4 (5)	5+ [4 tolarted under specific condition]	
Standing	/	SMNE And Below			Metro / Junior state Target / Junior State			State Junior-Age / National Target (6+ Session) / National		
Competition	Club Meet	Local Swim meet Recommended			Minimum 2 every Year Mandatory			SMNE ; Metro ; State ; National Mandatory		
Age Targeting	8 and under	8 to 12			9 to 13			From 11		
Squad	Teen Fit									
Stage	4	5	6							
Status	New	Middle	Promote							
Length Of Session	75 Min + (From 11 Years Old 15 Min Dryland)									
Promotion	Assesment									
Free	6x100 2:15	9x100 2:00	12x100 1:45							
IM	6x100 2:30	8x100 2:15	10x100 2:00							
Kick	8x50 1:30	12x50 1:20	16x50 1:10							
Session (weekly)	No Commitment									
Age Targeting	From 12									
Squad	Swim Fit									
Stage	4	5	6							
Status	New	Middle	Promote							
Length Of Session	75 Min + (From 11 Years Old 15 Min Dryland)									
Promotion	Assesment									
Free	12x100 1:40	15x100 1:35	18x100 1:30							
Session (weekly)	No Commitment									
Age Targeting	From 16									