

LONG TERM ATHLETE DEVELOPMENT



1

2

3

4

5

6

**SWIM
SCHOOL
1**

Swimmers 4-7 yrs
2x 45 minute practices
3x 11-week session

**SWIM
SCHOOL
2**

Swimmers 4-8 yrs
2x 45 minute practices
3x 11-week session

**SWIM
SCHOOL
3**

Swimmers 5-9 yrs
2x 45 minute
practices
3x 11-week session

**JUNIOR
OLYMPIC
WAY**

Swimmers 6-9 yrs
2x 60 minute practices
September to June

**OLYMPIC WAY
JAG WHITE**

OW
Swimmers 6-8 yrs
JAG W
Swimmers 9-12 yrs
3x 75-90 minute
practices
September to June

**JAG GOLD
JAG BLUE**

JAG Gold
Swimmers 8-11 yrs
JAG Blue
Swimmers 11-13 yrs
4x90 minutes practices
September to June

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**OLYMPIC WAY
JAG WHITE**

OW
Swimmers 6-8 yrs
JAG W
Swimmers 9-12 yrs
3x 75-90 minute
practices
September to June



**JAG GOLD
JAG BLUE**

JAG Gold
Swimmers 8-11 yrs
JAG Blue
Swimmers 11-13 yrs
4x90 minute practices
September to June



**JR
CHAMPIONSHIP**

Swimmers 11-13 yrs
5x90 minute practices
September to July



**SR
CHAMPIONSHIP**

Swimmers 13-17yrs
5-7x90 minute practices
September to July



**PERFORMANCE
SELECT**

Swimmers 12-14 yrs
6x90-120 minute
practices September
to July



**PERFORMANCE
ELITE
PERFORMANCE
INTERNATIONAL**

Swimmers 15+ yrs
7-8x 90-120 minute
practices September to
July