

\* GPS Clinic sessions include land training activities – please arrive in shorts, t-shirt over your swimmers

\*\* Gym where applicable is outside of these training times

Monday 2 <sup>nd</sup> December to Saturday 7 <sup>th</sup> December	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
	am	pm	am	pm	am	pm	am	pm	am	pm	am
Black Tip Sharks	6.00-7.00	5.00-6.00		5.00-6.00		5.00-6.00		5.00-6.00		5.00-6.00	7.30-8.30
Crocodile Sharks	6.00-7.00	5.00-6.00		5.00-6.00		5.00-6.00		5.00-6.00		5.00-6.00	7.30-8.30
Mako Sharks		3.45-4.45		3.45-4.45		3.45-4.45		3.45-4.45		3.45-4.45	
Hammerhead Sharks		3.45-5.45	5.15-7.00	3.45-5.45		3.45-5.45	5.15-7.00	3.45-5.45		3.45-5.45	5.15-7.30
Tiger Sharks**	5.15-8.00	3.30-6.00		3.30-6.00	5.15-7.30	3.30-6.00		3.30-6.00	5.15-7.30	3.30-6.00	5.15-8.30
GPS Clinic*	7.15-9.00		7.15-9.00		7.15-9.00		7.15-9.00		7.15-9.00		

Monday 9 <sup>th</sup> December to Saturday 14 <sup>th</sup> December	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
	am	pm	am	pm	am	pm	am	pm	am	pm	am
Black Tip Sharks	6.00-7.00	5.00-6.00		5.00-6.00		5.00-6.00		5.00-6.00		5.00-6.00	7.30-8.30
Crocodile Sharks	6.00-7.00	5.00-6.00		5.00-6.00		5.00-6.00		5.00-6.00		5.00-6.00	7.30-8.30
Mako Sharks		3.45-4.45		3.45-4.45		3.45-4.45		3.45-4.45		3.45-4.45	
Hammerhead Sharks		3.45-5.45	5.15-7.00	3.45-5.45		3.45-5.45	5.15-7.00	3.45-5.45		3.45-5.45	5.15-7.30
Tiger Sharks**	5.15-7.30	3.30-6.00		3.30-6.00	5.15-7.30	3.30-6.00		3.30-6.00	5.15-7.30	3.30-6.00	State Relays
Tiger Sharks this week: sessions will be subject to your individual requirements leading into the Qld State Championships											

## Qld State Championships & TSS Aquatic Squad Championships

Monday 16 <sup>th</sup> December to Saturday 21 <sup>st</sup> December	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
	am	pm	am	pm	am	pm	am	pm	am	pm	am
Black Tip Sharks	7.30-9.00		7.30-9.00		7.30-9.00		7.30-9.00		7.30-9.00		7.30-8.30
Crocodile Sharks	7.30-9.00		7.30-9.00		7.30-9.00		7.30-9.00		7.30-9.00		7.30-8.30
Mako Sharks	7.30-9.00		7.30-9.00		7.30-9.00		7.30-9.00		7.30-9.00		7.30-8.30
Hammerhead Sharks	7.30-9.00		7.30-9.00		7.30-9.00		7.30-9.00		7.30-9.00		7.30-8.30
Tiger Sharks	No sessions this week, Tiger sharks are at Qld State Championships (Brisbane) or TSS Aquatic Squad Championships 7.30-9.00am										

\* GPS Clinic sessions include land training activities – please arrive in shorts, t-shirt over your swimmers

\*\* Gym where applicable is outside of these training times

Thursday 2 <sup>nd</sup> January to Saturday 18 <sup>h</sup> January 2025	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
	am	pm	am	pm	am	pm	am	pm	am	pm	am
Black Tip Sharks	7.30-8.30		7.30-8.30		7.30-8.30		7.30-8.30		7.30-8.30		7.30-8.30
Crocodile Sharks	7.30-8.30		7.30-8.30		7.30-8.30		7.30-8.30		7.30-8.30		7.30-8.30
Mako Sharks		3.45-4.45		3.45-4.45		3.45-4.45		3.45-4.45		3.45-4.45	
Hammerhead Sharks		3.45-5.45	5.15-7.00	3.45-5.45		3.45-5.45	5.15-7.00	3.45-5.45		3.45-5.45	5.15-7.30
Tiger Sharks (times tbc)	5.15-8.00	3.30-6.00		3.30-6.00	5.15-7.30	3.30-6.00		3.30-6.00	5.15-7.30	3.30-6.00	5.15-8.30
All Squads on Christmas break from Monday 23 <sup>rd</sup> December 2024 to Wednesday 1 <sup>st</sup> January 2025 – enjoy the time your families and friends! Sessions recommence Thursday 2 <sup>nd</sup> January.											

Monday 20 <sup>th</sup> January to Saturday 25 <sup>th</sup> January 2025	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
	am	pm	am	pm	am	pm	am	pm	am	pm	am
Black Tip Sharks	7.30-8.30		7.30-8.30		7.30-8.30		7.30-8.30		7.30-8.30		7.30-8.30
Crocodile Sharks	7.30-8.30		7.30-8.30		7.30-8.30		7.30-8.30		7.30-8.30		7.30-8.30
Mako Sharks		3.45-4.45		3.45-4.45		3.45-4.45		3.45-4.45		3.45-4.45	
Hammerhead Sharks		3.45-5.45	5.15-7.00	3.45-5.45		3.45-5.45	5.15-7.00	3.45-5.45		3.45-5.45	5.15-7.30
Tiger Sharks**	5.15-8.00	3.30-6.00		3.30-6.00	5.15-7.30	3.30-6.00		3.30-6.00	5.15-7.30	3.30-6.00	5.15-8.30
GPS Clinic*	7.15-9.00		7.15-9.00		7.15-9.00		7.15-9.00		7.15-9.00		

Term 1 onwards, commencing Tuesday 28<sup>th</sup> January, (no sessions on public holidays)

Tuesday 28 <sup>th</sup> January to Saturday 5 <sup>th</sup> April 2025	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
	am	pm	am	pm	am	pm	am	pm	am	pm	am
Black Tip Sharks	6.00-7.00	5.00-6.00		5.00-6.00		5.00-6.00		5.00-6.00		5.00-6.00	7.30-8.30
Crocodile Sharks	6.00-7.00	5.00-6.00		5.00-6.00		5.00-6.00		5.00-6.00		5.00-6.00	7.30-8.30
Mako Sharks		3.45-4.45		3.45-4.45		3.45-4.45		3.45-4.45		3.45-4.45	
Hammerhead Sharks		3.45-5.45	5.15-7.00	3.45-5.45		3.45-5.45	5.15-7.00	3.45-5.45		3.45-5.45	5.15-7.30
Tiger Sharks**	5.15-7.30	3.30-6.00		3.30-6.00	5.15-7.30	3.30-6.00		3.30-6.00	5.15-7.30	3.30-6.00	5.15-8.30
GPS Sessions Year 4-7	7.00-7.45		7.00-7.45				7.00-7.45				
GPS Sessions Year 8-12	7.00-7.45		7.00-7.45		7.00-7.45	3.30-4.30	7.00-7.45			3.30-4.30	



Fun / play based water safety skills and games, designed to develop water confidence and establish consistent kicking skills. This helps to achieve the best body position in the water in preparation for effective breath and stroke development. *4 children per class.*

*Safe water entries and exits*  
*Freestyle kick-assisted, return to wall. Wall entry, turn and return to wall for exit.*  
*Torpedo/Streamline positioning +/- board and assistance.*  
*Backstroke float - assisted kick, roll over and return to wall face down.*



Focusing on building and developing technique across all four strokes. Strong emphasis on consistent kicking skills to establish the correct body position in the water for stroke development. *5m distances, 4 children per class.*

*Freestyle kicking, Streamline, Single arm breathing +/- board.*  
*Backstroke kicking, Streamline, Single arm +/- board, full backstroke swim.*  
*Breaststroke kicking, hold position and return to streamline, long board kick.*  
*Butterfly kicking with rhythm and flexibility.*



Working in distances up to 10m, developing strong technique across all four strokes. Focus, concentration and skill acquisition (with the ability to display the skills being learnt) are criteria to progress through to the Pups level. *6 children per class.*

*Freestyle kicking, Streamline, Single arm breathing +/- board, full freestyle swim.*  
*Backstroke kicking, Streamline, Single arm +/- board, full backstroke swim.*  
*Breaststroke kicking, hold position and return to streamline, long board kick.*  
*Butterfly kicking with rhythm and flexibility.*



Working in proficiency lanes across each stroke enables rapid skill acquisition and the opportunity for extension work in strokes of greater proficiency. The ability to focus and perform consistently are key skills at this level for rapid progression to occur.

*Freestyle kicking, Streamline, Single arm breathing +/- board, full freestyle swim.*  
*Backstroke kicking, Streamline, Rotation kick, Single arm drills +/- board.*  
*Full backstroke swim.*  
*Breaststroke kicking, hold position and return to streamline, long board kick.*



Skill acquisition over increasing distances from 12 to 25m. Training in preparation for the Blue Sharks squad. *2 sessions per week recommended*

*Breaststroke scull kick (I-Y)*  
*Butterfly kicking with rhythm and flexibility.*



Working in 25m distances, the ability to consistently maintain and display correct technique over this distance, across all four strokes is required. Developing Starts, Turns, Finishes and Timing Cycles. Preparing to transition to the Black-Tip Sharks Junior Squad. *2 sessions per week recommended.*

*Freestyle kicking, Streamline, Single arm breathing, Snorkel swim, full freestyle swim.*  
*Backstroke kicking, Streamline, Rotation kick, Single arm drills, full backstroke swim*  
*Breaststroke kicking, long board kick, Scull kick (I-Y), continuous breaststroke swim.*  
*Butterfly kicking (continuous) with rhythm and flexibility*



# TSSAQUATIC


## Learn to Swim

Swimming@tss.qld.edu.au  
 Phone 5531-9919  
[www.tssaquatic.com.au](http://www.tssaquatic.com.au)

# December 2024, School Holidays

\* Group lessons are \$19.50 each, booked and prepaid in advance  
 30 minute private lessons are \$48.80 each, booked and prepaid in advance  
 TSS & St Hildas students receive a 20% discount on all Swimming rates

Monday 2 <sup>nd</sup> December to Friday 13 <sup>th</sup> December (2 weeks, same schedule)	Mon 2 <sup>nd</sup>	Tues 3 <sup>rd</sup>	Wed 4 <sup>th</sup>	Thur 5 <sup>th</sup>	Fri 6 <sup>th</sup>	Mon 9 <sup>th</sup>	Tues 10 <sup>th</sup>	Wed 11 <sup>th</sup>	Thurs 12 <sup>th</sup>	Fri 13 <sup>th</sup>	
	pm	pm	pm	pm	pm	pm	am/pm	pm	am/pm	pm	
 Blue Sharks squad	4.30-5.00	4.30-5.00	4.30-5.00	4.30-5.00	4.30-5.00	4.30-5.00	4.30-5.00	4.30-5.00	4.30-5.00	4.30-5.00	
 Gold Seals class or Dive Session	Dive Session 4.30-5.00	4.30-5.00	Dive Session 4.30-5.00	4.30-5.00	Dive Session 4.30-5.00	4.30-5.00	Dive Session 4.30-5.00	4.30-5.00	Dive Session 4.30-5.00	Dive Session 4.30-5.00	
Private lesson Coach Mel	2.30-3.00 3.00-3.30 3.30-4.00 4.00-4.15	2.30-3.00 3.00-3.30 3.30-4.00 4.00-4.15	2.30-3.00 3.00-3.30 3.30-4.00 4.00-4.15	2.30-3.00 3.00-3.30 3.30-4.00 4.00-4.15	2.30-3.00 3.00-3.30 3.30-4.00 4.00-4.15	2.30-3.00 3.00-3.30 3.30-4.00 4.00-4.15	2.30-3.00 3.00-3.30 3.30-4.00 4.00-4.15	7.30-8.00 8.00-8.30 8.30-9.00 2.30-3.00 3.00-3.30 3.30-4.00 4.00-4.15	2.30-3.00 3.00-3.30 3.30-4.00 4.00-4.15	7.30-8.00 8.00-8.30 8.30-9.00 2.30-3.00 3.00-3.30 3.30-4.00 4.00-4.15	2.30-3.00 3.00-3.30 3.30-4.00 4.00-4.15
Private lesson Coach Riley	3.00-3.30 3.30-4.00 4.00-4.30	3.00-3.30 3.30-4.00 4.00-4.30	3.00-3.30 3.30-4.00 4.00-4.30	3.00-3.30 3.30-4.00 4.00-4.30	3.00-3.30 3.30-4.00 4.00-4.30	3.00-3.30 3.30-4.00 4.00-4.30	3.00-3.30 3.30-4.00 4.00-4.30	3.00-3.30 3.30-4.00 4.00-4.30	3.00-3.30 3.30-4.00 4.00-4.30	3.00-3.30 3.30-4.00 4.00-4.30	

Monday 16 <sup>th</sup> December to Friday 20 <sup>th</sup> December	Monday	Tuesday	Wednesday	Thursday	Friday
	am	am	am	am	am
 Blue Sharks squad	9.00-9.30	9.00-9.30	9.00-9.30	9.00-9.30	9.00-9.30
Private lesson Coach Mel	10.00-10.30, 10.30-11.00, 11.00-11.30, 11.30-12.00	10.00-10.30, 10.30-11.00, 11.00-11.30, 11.30-12.00	10.00-10.30, 10.30-11.00, 11.00-11.30, 11.30-12.00	10.00-10.30, 10.30-11.00, 11.00-11.30, 11.30-12.00	10.00-10.30, 10.30-11.00, 11.00-11.30, 11.30-12.00

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# January 2025, School Holidays

\* Group lessons are \$19.50 each, booked and prepaid in advance  
 30 minute private lessons are \$48.80 each, booked and prepaid in advance  
 TSS & St Hildas students receive a 20% discount on all Swimming rates

Monday 6 <sup>th</sup> January to Friday 24 <sup>th</sup> January 2025 (3 weeks, same schedule)	Monday	Tuesday	Wednesday	Thursday	Friday
	am	am	am	am	am
	8.30-9.00	8.30-9.00	8.30-9.00	8.30-9.00	8.30-9.00
	9.00-9.30	DIVE SESSION 9.00-9.30	9.00-9.30	DIVE SESSION 9.00-9.30	9.00-9.30
	8.30-9.00	8.30-9.00	8.30-9.00	8.30-9.00	8.30-9.00
	9.00-9.30 9.30-10.00	9.00-9.30 9.30-10.00	9.00-9.30 9.30-10.00	9.00-9.30 9.30-10.00	9.00-9.30 9.30-10.00
Private Lessons with Mel	10.00-10.30 10.30-11.00 11.00-11.30 11.30-12.00	10.00-10.30 10.30-11.00 11.00-11.30 11.30-12.00	10.00-10.30 10.30-11.00 11.00-11.30 11.30-12.00	10.00-10.30 10.30-11.00 11.00-11.30 11.30-12.00	10.00-10.30 10.30-11.00 11.00-11.30 11.30-12.00
Private Lessons with Felipe	10.00-10.15 10.15-10.30 10.30-11.00 11.00-11.30	10.00-10.15 10.15-10.30 10.30-11.00 11.00-11.30	10.00-10.15 10.15-10.30 10.30-11.00 11.00-11.30	10.00-10.15 10.15-10.30 10.30-11.00 11.00-11.30	10.00-10.15 10.15-10.30 10.30-11.00 11.00-11.30

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# Term One 2025

\* Group lessons are \$19.50 each, booked and prepaid in advance  
 30 minute private lessons are \$48.80 each, booked and prepaid in advance  
 TSS & St Hildas students receive a 20% discount on all Swimming rates

Tuesday 28 <sup>th</sup> January to Saturday 5 <sup>th</sup> April 2025	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	pm	pm	pm	pm	pm	am
	4.30-5.00	4.30-5.00	4.30-5.00	4.30-5.00	4.30-5.00	8.30-9.00
	4.30-5.00	4.30-5.00	4.30-5.00	4.30-5.00	4.30-5.00	Not available
	3.30-4.00 4.00-4.30 4.30-5.00	3.30-4.00 4.00-4.30 4.30-5.00	3.30-4.00 4.00-4.30 4.30-5.00	3.30-4.00 4.00-4.30 4.30-5.00	3.30-4.00 4.00-4.30 4.30-5.00	Not available
	3.30-4.00 4.00-4.30 4.30-5.00	3.30-4.00 4.00-4.30 4.30-5.00	3.30-4.00 4.00-4.30 4.30-5.00	3.30-4.00 4.00-4.30 4.30-5.00	3.30-4.00 4.00-4.30 4.30-5.00	Not available
Private Lessons with Coach Mel (Existing private lesson clients will have first preference till 2/12/24 available bookings will open on first in basis after this time)	2.30-3.00 3.00-3.30 3.30-4.00 4.00-4.15	2.30-3.00 3.00-3.30 3.30-4.00 4.00-4.15	2.30-3.00 3.00-3.30 3.30-4.00 4.00-4.15	2.30-3.00 3.00-3.30 3.30-4.00 4.00-4.15	2.30-3.00 3.00-3.30 3.30-4.00 4.00-4.15	Not available
Private Lessons (Existing private lesson clients will have first preference till 2/12/24 available bookings will open on first in basis after this time)	3.00-3.15, 3.15-3.30 2 places only	3.00-3.15, 3.15-3.30 2 places only	3.00-3.15, 3.15-3.30 2 places only	3.00-3.15, 3.15-3.30 2 places only	3.00-3.15, 3.15-3.30 2 places only	7.30-8.00 8.00-8.15, 8.15-8.30 8.30-8.45, 8.45-9.00 9.00-9.15, 9.15-9.30