

What we offer

Last Updated Wednesday, 04 June 2008

COACHING The Club offers a variety of levels of Coaching, and a variety of Squads, offering swimmers the opportunities to reach their full potential in their chosen sport of Competitive Swimming. Junior Squads (ages 7 years to 12 years). These squads are coached according to the aims of the Junior Swimmer. The squads are separated on the basis of those swimmers who compete and those who do not.

Senior Blue and Senior White Squads (ages 11 to 15 years). The Senior Squads also cater for both competitive and non-competitive swimmers. For the competitive swimmers this squad is a learning experience and a stepping stone as a preparation for moving into our Elite Development and ultimately our Elite Open and Age Squads. Elite Development Squad (Ages vary from 13 years to 17 years). This Squad is for competitive swimmers at State Championships level and those who are close to achieving Australian Age qualifying standards. There are currently 20 swimmers in this Squad. Elite Age Squad (Ages vary from 13 years and up) Australian Age qualifying times are the general pre-requisite for entry into this squad. Training is based around providing the ultimate preparation for the Australian Age championships and various high level state competitions. The squad currently has 17 members. Elite Open Squad (Ages vary from 13 years and up) Qualifying times for the Australian Open or Australian Short Course Championships are the minimum requirement for entry into this squad. Preparation for Australian championships and development into International representative performances are the aim of these squads **SOCIAL**The Club goes to quite some lengths to ensure social interaction of the swimmers is a part of the whole scene of their sport. A number of functions are organised throughout the year at various locations either for all the squads, or, as separate squads or groups depending on the activity.**CLUB RACES** The Hobart Aquatic Club is essentially a competitive swimming club aimed at providing opportunity for its members to compete, improve and develop to the maximum potential for each athlete. In accordance with this, the club holds regular swim meets to allow members to compete and test themselves. This competition aids the pathway, especially for the younger competitor, to try out competition swimming at a low key level in a relaxed atmosphere with plenty of parental support. The race meets are generally held at the Hobart Aquatic Centre, but are also occasionally held at other centres around the metropolitan area.