

Squad Session Times 2025

Squad Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PERFORMANCE	5:00am to 7:00am 4:30pm to 6:30pm	5:00am to 7:00am 4:30pm to 6:30pm	5:00am to 7:00am	5:00am to 7:00am 4:30pm to 6:30pm	5:00am to 7:00am	6:00am to 8:00am	
STATE SQUAD	5:30am to 7:00am 5:00pm to 6:30pm	5:30am to 7:00am 5:00pm to 6:30pm	5:15am to 7:00am 5:00pm to 6:30pm	5:30am to 7:00am 5:00pm to 6:30pm	5:30am to 7:00am 5:00pm to 6:30pm	6:00am to 8:00am	
METRO DEVELOPMENT	5:30am to 7:00am	5:30am to 7:00am 3:45pm to 5:00pm	5:30am to 7:00am 3:45pm to 5:00pm	5:30am to 7:00am 3:45pm to 5:00pm	5:30am to 7:00am 5:00pm to 6:30pm	6:00am to 8:00am	
NOVICE	6.00am to 7:00am 3:45pm to 4:45pm 5:45pm to 6:45pm	3:45pm to 4:45pm 5:45pm to 6:45pm	6.00am to 7:00am 3:45pm to 4:45pm	3:45pm to 4:45pm 5:45pm to 6:45pm	6.00am to 7:00am 3:45pm to 4:45pm	1:00pm to 2:00pm 2:00pm to 3:00pm 3:00pm to 4:00pm	8:00am to 9:00am 9:00am to 10:00am 10:00am to 11:00am 11:00am to 12:00pm
SHARKS	3:45pm to 4:45pm 4:45pm to 5:45pm	3:45pm to 4:45pm 4:45pm to 5:45pm	4:45pm to 5:45pm 5:45pm to 6:45pm	3:45pm to 4:45pm 4:45pm to 5:45pm	3:45pm to 4:45pm 4:45pm to 5:45pm	1:00pm to 2:00pm 2:00pm to 3:00pm 3:00pm to 4:00pm	8:00am to 9:00am 9:00am to 10:00am 10:00am to 11:00am 11:00am to 12:00pm
MARLINS	3:45pm to 4:45pm 4:45pm to 5:45pm	3:45pm to 4:45pm 4:45pm to 5:45pm	4:45pm to 5:45pm 5:45pm to 6:45pm	3:45pm to 4:45pm 4:45pm to 5:45pm	3:45pm to 4:45pm 4:45pm to 5:45pm	1:00pm to 2:00pm 2:00pm to 3:00pm 3:00pm to 4:00pm	8:00am to 9:00am 9:00am to 10:00am 10:00am to 11:00am 11:00am to 12:00pm
ALL STAR JUNIOR	4:45pm to 5:45pm	5:45pm to 6:45pm	4:45pm to 5:45pm	5:45pm to 6:45pm	4:45pm to 5:45pm		9:00am to 10:00am 11:00am to 12:00pm
ALL STAR SENIOR	5:45pm to 6:45pm	4:45pm to 5:45pm	5:45pm to 6:45pm	4:45pm to 5:45pm	5:45pm to 6:45pm		8:00am to 9:00am 10:00am to 11:00am
MASTERS	6:30pm to 7:30pm	6:30pm to 7:30pm	6:30pm to 7:30pm	6:30pm to 7:30pm			

Fortnightly Direct Debit Fees

Please note: 2nd or 3rd lesson bookings are discounted at 50% and 30% respectively on the 1x session per week fee.

Squad Name	Fortnightly Fee	MLC Student Fortnightly Fee	Squad Name	Fortnightly Fee	MLC Student Fortnightly Fee	Squad Name	Fortnightly Fee	MLC Student Fortnightly Fee
Performance (Unlimited sessions)	\$92.00	\$69.00	Novice Squad (1x session per week)	\$50.50	\$38.00	All Star Squad (1x session per week)	\$30.00	\$22.50
State Squad (Unlimited sessions)	\$92.00	\$69.00	Sharks Squad (1x session per week)	\$50.50	\$38.00			
Metro Development (Unlimited Sessions)	\$82.00	\$61.00	Marlins Squad (1x session per week)	\$50.50	\$38.00	Masters (1x session per week)	\$30.00	

SQUAD DESCRIPTIONS:

Performance Squad (Unlimited): Performance squad is the third level of our competitive squad program. Swimmers are required to be a member of the MLC Marlins Swimming Club. Swimmers in this squad will be required to compete at State age, State Open and National age competitions with aspirations to swim in National open. Swimmers will continue to focus on developing their techniques and racing skills. Progress to performance squad is up to the coaches discretion.

State Squad (Recommended Four-Five sessions per week): State squad is the second level of our competitive squad program. Swimmers are required to be a member of the MLC Marlins Swimming Club and to attend meets regularly. Swimmers will be required to compete in District championship events with aim to qualify for Metropolitan and State championship events. Swimmers will continue to train and race in all four stokes, with opportunity to specialise in a main stoke/event. Progress to state squad is up to the coaches discretion.

Metro Development Squad (Recommended Three-Four sessions per week): Metro is the first level of our competitive squad program. Swimmers are required to be a member of MLC Marlins Swimming Club, regularly attending swimming competitions. Swimmers are encouraged to attend both morning and afternoon sessions. To advance to the State Squad, specific achievements must be attained, alongside a dedication to training and the discretion of coaches.

Novice Squad (Recommended Two sessions per week): Novice is the third level of our squad program. In this level, coaches will continue to develop racing and training skills. Swimmers are encouraged to train in the morning - as morning classes are available. This is the last level of squad where it is not mandatory to be a part of the MLC Marlins Swimming Club.

Sharks (One session per week): Shark is the second level of our squad program. In this level, coaches will further develop technical abilities in all four stokes and establish the fundamental skills of racing (i.e., turns and starts). It is encouraged to join the MLC Marlins Swim Club and attend swimming competitions.

Marlins (One session per week): Marlins is the first level of our squad program. In this level, coaches will focus on developing technical abilities of swimmers in all four stokes.

All Star Squad: All-star squad is a fitness-based squad that is split into a Senior (14-17 years) and Junior (13 & under) program. This squad is tailored for non-competitive swimmers who would like to maintain a foundation of endurance, technique and skill.

Masters: Masters is a fitness-based squad for 18 (and above) year old students. Adults must book into a particular day/time, attending at least one training session per week.