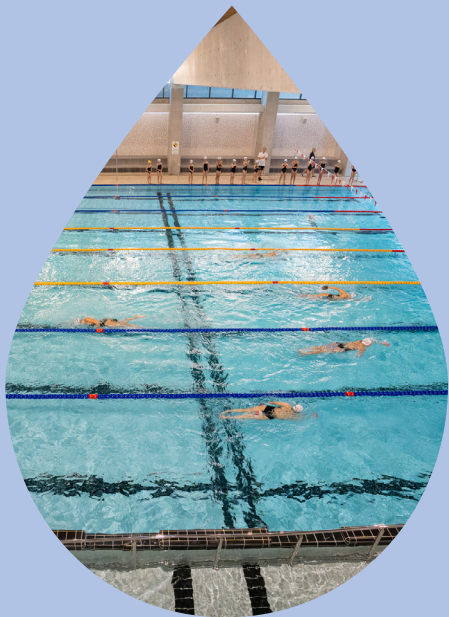


Roseville College Swim School





Roseville College Swim School

With the opening of our Sports Centre, Roseville College is proud to offer a dynamic and inclusive swimming program designed to empower our students to achieve their personal best, both in and out of the pool.

Engrained in the values that make Roseville exceptional, our program reflects the College's commitment to holistic education, where every girl is inspired to pursue excellence while embracing community and connection.

Our swimming program caters to students of all abilities, from those just starting their journey in the water to advanced swimmers striving for competitive success.

Our swimming program is underpinned by expert coaching, tailored development plans, and a positive team culture that encourages personal growth, resilience, and confidence.



Prep School

Jacaranda



30 mins. 4 students per class

Students work on water familiarisation working towards aquatic survival and independent safety skills. Confidence is built to include submersion and floating.

Periwinkle



30 mins. 4 students per class

Students learn freestyle and backstroke kick and long arm paddles as they continue to become more water familiar and confident. Further aquatic survival and safety skills are also developed.

Senior School Age

Ocean



**12yrs+ in Senior School
30 mins, 5 students per class**

Multi-skill class for Senior School students aged 12 years and over who are at a beginner or intermediate swimming ability.

School Age

Azure



30 mins. 4 students per class

Focus on water familiarisation and confidence, including submersion and floating. Working towards performing aquatic survival and safety skills independently.

Cobalt



30 mins. 4 students per class

Students learn freestyle and backstroke kick as well as long arm paddles. Students improve water familiarity and confidence. Working towards advancing their aquatic survival and safety skills.

Indigo



30 mins. 5 students per class

Freestyle and backstroke arms are developed and freestyle breathing is introduced. Working towards performing advanced aquatic survival and safety skills.

Navy



30 mins. 6 students per class

Proficiency in bilateral freestyle breathing is developed, as well as breaststroke kick. Dolphin kick and basic diving skills will be introduced and continuing to work towards performing advanced aquatic survival and safety skills.

Midnight



45 mins. 8 students per class

Working on freestyle and backstroke technique over 25m. Breaststroke arms, timing, starts and turns will be introduced. Working on performing advanced aquatic survival and safety skills.

Squads

Jade



45 mins. Min. 1 session per week

An essential transition between learn-to-swim classes and squad training. Swimmers learn the full butterfly stroke and develop the skills to prepare for squad training.

Turquoise



60 mins. Min. 1-2 session per week

A student's first experience in a swimming squad. This level emphasises enjoyment and skill development, with a focus on reinforcing good habits and building confidence in starts, turns, and finishes for future swimming success.

SwimFit

12yrs+ (Senior School)

For Senior School students who want to stay active, improve their fitness, speed and develop specific skills related to water polo, triathlon, or general swimming. An engaging and versatile training group that offers structured yet flexible sessions to suit a variety of interests and goals.

Aquamarine



12yrs+ (Senior School)

75 mins. Min. 3 sessions per week.

Tailored for swimmers striving to excel in competitive swimming, with goals of Metropolitan and State qualifications. Sessions are structured to challenge swimmers with endurance, speed, and technical development sets. Fostering a competitive mindset, the squad equips swimmers with the tools and confidence to reach their full potential in the pool.

Sapphire



14yrs +

90 mins. Min. 4 sessions per week, attendance based on age, development and goals.

Designed for swimmers aged 14 and above who are dedicated to achieving high-level competitive success. Sessions focus on endurance, speed, and skill development tailored to each swimmer's age, goals, and progress. This squad aims to prepare athletes for State and National-level competitions, fostering resilience and a passion for excellence in the sport.