



**Roseville**  
COLLEGE  
SWIMMING



With the opening of our state-of-the-art Sport Centre, we are offering an experience that is world class, inspiring excellence in swimming education. Whether competing at elite levels or enjoying the camaraderie of squads or lessons, students build resilience and fitness.





## **Learn to Swim**

Engrained in the values that make Roseville exceptional, our Learn to Swim 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.



## **Squads**

The Roseville College Squads program provides a structured pathway for dedicated swimmers to refine their technique, build endurance, and achieve at higher levels. Guided by specialist coaches and supported by individualised training plans, students are encouraged to set ambitious goals, strengthen resilience, and perform with confidence. Across four progressive squad levels, every swimmer benefits from expert mentorship and a culture that values discipline, determination, and shared achievement.



## **Swimming Club**

We are delighted to offer memberships to the Roseville College Swimming Club to our Community, and beyond. This exciting development gives our swimmers the opportunity to represent Roseville College Swimming at competitions and be part of an inspiring new chapter in our program. Whether just starting out or already competing, every swimmer is invited to join and experience the spirit, teamwork and pride that come with being part of the Club. Membership sign-up can be arranged by emailing [swimming@roseville.nsw.edu.au](mailto:swimming@roseville.nsw.edu.au)

## 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, backstroke and breaststroke 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. Whilst continuing to develop their breaststroke kick on their front. Working towards performing advanced aquatic survival and safety skills.

### Navy



**30 mins. 6 students per class**

Proficiency in bilateral freestyle breathing is developed, whilst increasing backstroke and breaststroke kick distances. Dolphin kick, somersaults and standing 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 towards freestyle and backstroke technique over 50m and 100m. Breaststroke and butterfly arms, timing, standing track start dive and turns will be introduced. Working on performing advanced aquatic survival and safety skills.

# Squads

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## Jade



**45 mins. Min. 1 session per week**

An essential transition between learn to swim classes and squad training. Swimmers refine their technique across all strokes, developing 100m medley and the skills needed to feel confidence in a squad environment.

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## Turquoise



**60 mins. Min. 2-3 sessions per week**

A student's first experience in a swimming squad. This level emphasizes enjoyment and skill development, reinforcing good habits and building confidence in starts, turns, and finishes. Introduction of racing skills, aerobic development, and simple speed for future swimming success.

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## Opal



**Senior School: Non-Competitive**

A versatile program with two pathways designed specifically for senior school students (12 yrs +). We provide the structure; you choose the path based on your sport, your schedule, and your goals.

**Fit & Fast. 60 mins.**

Focus on aerobic fitness, sustained speed, and technical efficiency.

**Accelerate. 45 mins.**

Focus on explosive power, sprint mechanics, and technical efficiency.

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## Aquamarine



**Min. 3 sessions per week, attendance based on age, development and goals.**

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.

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## Sapphire



**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.

## Roseville College Swimming

To find out more about our **Learn to Swim** and **Squads** programs or to sign up for **Swimming Club** membership, please visit:

[roseville.nsw.edu.au/swimming](https://roseville.nsw.edu.au/swimming) or

email [swimming@roseville.nsw.edu.au](mailto:swimming@roseville.nsw.edu.au) or

call **9098 2585**.

