

ELIXR SQUAD LEVELS

ELIXR SQUAD

30 Minutes

Primary School - Full Lane
6 Students: 1 Instructor
Duration: 30 Minutes
Non-competitive

KEY SKILLS

- All strokes
- Endurance
- Little stroke technique
- Good timing
- Turns
- Survival strokes
- Tow rescues

KEY FEATURES

- Drill based swimming
- Small Class
- Poolside change areas
- 3 hours free Westfield parking

KEY EQUIPMENT NEEDED

- Swim Cap
- Goggles
- Swimmers
- Water bottle
- Towel

ELIXR SQUAD

45 Minutes

Primary School - Full Lane
6 Students: 1 Instructor
Duration: 45 Minutes
Non-competitive

KEY SKILLS

- All Strokes
- Endurance
- Little stroke technique
- Good timing
- Turns
- Survival strokes
- Tow rescues

KEY FEATURES

- Drill based swimming
- Around 1 km
- Small Class
- Poolside change areas
- 3 hours free Westfield parking

KEY EQUIPMENT NEEDED

- Swim Cap
- Goggles
- Swimmers
- Water bottle
- Towel

ELIXR SQUAD

60 Minutes

Primary School - Full Lane
6 Students: 1 Instructor
Duration: 60 Minutes
Non-competitive

KEY SKILLS

- All Strokes
- Endurance
- Little stroke technique
- Good timing
- Turns
- Survival strokes
- Tow rescues

KEY FEATURES

- Drill based swimming
- Between 1-1.5 km
- Small Class
- Poolside change areas
- 3 hours free Westfield parking

KEY EQUIPMENT NEEDED

- Swim Cap
- Goggles
- Swimmers
- Water bottle
- Towel

ELIXR SQUAD

HIGH SCHOOL

High School - Full Lane
6 Students: 1 Instructor
Duration: 60 Minutes
Non-competitive

KEY SKILLS

- All Strokes
- Endurance
- Little stroke technique
- Good timing
- Turns
- Survival strokes
- Tow rescues

KEY FEATURES

- Drill based swimming
- Between 1.5-2 km
- Small Class
- Poolside change areas
- 3 hours free Westfield parking

KEY EQUIPMENT NEEDED

- Swim Cap
- Goggles
- Swimmers
- Water bottle
- Towel

