



RAINBOW SQUAD FACT SHEET

- Existing Indigo and Violet members will swim at a Rainbow Squad Hub starting Term 1, 2022
- The Rainbow Squad program has been developed to incorporate pool deck stretching, stroke correction, endurance training, socialisation, games and best of all, have fun!
- When members achieve Indigo colour they will have 2 terms at their existing Club to improve strokes and stamina before transferring to a Rainbow Squad Hub of their choice.
- This will enable Rainbow Club to offer personalised Swim the Rainbow lessons to more children from our waiting lists.

FEATURES OF A RAINBOW SQUAD HUB

- Rainbow Squads run for one hour and are taught using our specially designed squad program
- Indigo and Violet squads will operate in a minimum 25 metre length pool
- Sessions will be shared with a maximum of 5 members
- Will be delivered by teachers with Squad or Competitive Stroke qualifications
- There will be a social outing during each term, such as participation in the Malabar Magic and a Inter Club Swimming Carnival
- Rainbow Squads will prepare our members for transition to mainstream aquatic activities

RAINBOW SQUAD HUB LOCATIONS

- Rainbow Squads cannot be run in all our clubs as the pool may be too small, too shallow or 25m lane space is unavailable.
- Not all clubs can offer Rainbow Squad Hubs, so please bear in mind that some members will need to relocate to a new club location.
- Rainbow Squad Hubs will operate from 11 different locations, with more opening in the coming months.

Cherrybrook Sunday 3-5 PM
Holsworthy Sunday 2:30-4:30 PM
Hurstville Saturday 2-4 PM
Lane Cove West Sunday 3-4PM
Maroubra Sunday 12:15-2:15PM
Newington College – Stanmore Saturday 4-6 PM
Seven Hills Sunday 1:30-3:30 PM
Springwood Sunday 4-5 PM
Sutherland Saturday 1-2 & 3-4 PM
Warriewood Saturday 3-4 PM
Warringah Sunday 9:30-11:30 AM