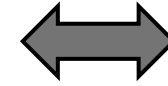
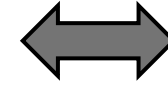


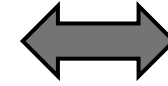
Gold
Age range: 14 and above
Training: 8 sessions a week (14 ½ hours per week commitment)



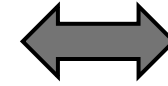
Silver
Age range: 13+ Girls / 14+ Boys
Training: 6 sessions a week (11 ½ hours per week commitment)



Bronze
Age range: 11 and above
Training: 5 sessions a week (8 ¼ hours per week commitment)



Marlins
Age range: 9 and above
Training: 3 sessions a week and fortnightly dives and turns (4-5 hours per week commitment)



Minnows
Age range: 7 and above
Training: 2 sessions a week and fortnightly dives and turns (2-3 hours per week commitment)

Youth
Age range: 13 and above
Training: Choice of 4 sessions a week (commitment flexible depending on training goals)

