#### Trials

#### Capacity

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### Squad Progression



# Wenona Swim Squad s Outline



Junior Squad
Age:
Commitment :
Session length:
Equipment:
Competitions: ,     ,     ,   ,     ,   ,   ,   ,

### Junior Emerging Squad

Age: \_\_\_\_\_

Commitment:

Session length:

Standard: I and I



# Wenona Swim Squad s Outline



### Senior Performance Squad

# Wenona Swim Squad s Outline



## Fitness Squads (Wenona Students only)

Fitness Squad | Fit & Fast Squad

Fitness Squad
Age:
Commitment:
Session length:
Standard: , , , , , , , , , , , , , , , , , , ,
Equipment:
Competitions:
Fit & Fast Squad
Age:
Commitment:

Session length:

Standard:

Equipment: A state of the state

Competitions: