

29 JUNE TO 11 SEPTEMBER
 SUNDAY TO THURSDAY
 SUMMERABUDHABI@HAMILTONAQUATICS.AE

WE OFFER FIVE DIFFERENT LEVELS PERFECTLY SUITED TO THE AGE AND ABILITY OF THE SWIMMER, IN OUR EXCELLENT FACILITIES. WE STRIVE FOR ALL OF OUR SWIMMERS TO ENJOY THEIR LEARNING EXPERIENCE WHILST GETTING THE MOST OUT OF THEIR TIME WITH US.

The squads are structured in line with our **Long Term Athlete Development Plan**, which has been adopted from British and Australian Swimming. Sessions are structured in order to allow children to develop new skills, have fun and boost their swimming confidence for the new school and swimming term.



Squad achievements to date

Two swimmers competed at the London 2012 Olympics – **Velimir Stjepanovic** (Serbia) and **Tiago Venancio** (Portugal).

Velimir Stjepanovic – 6th in Men's 200m Butterfly Final London 2012 Olympics, 2013 European Short Course Champion – 200m Butterfly.

15 swimmers who qualifying for their home national events.

Four swimmers have achieved British age group qualifying times.

Cameron Oliver qualified to attend the South African Commonwealth and Youth Olympics trials.

Top age group swimmers in the Muscat International Open for respective ages.

Top Club Award – Manchester Open 2014.

Booking is easy

New customers – please contact summerabudhabi@hamiltonaquatics.ae to arrange an assessment.

Existing customers – please follow the instructions outlined in the Summer Swimming 2014 email that you receive from your coach.

Special Offer No.1	Book and pay before Sunday, 15 June 2014 and only pay AED300 per week.
Special Offer No.2	The 3rd child in a family that has booked into any of the Hamilton Aquatics Summer Swimming 2014 weeks will receive 25% discount (only when all 3 children attend during the same weeks).

Sunday to Thursday – Sign up for as many weeks as you like



EARLY BIRD DISCOUNTS!
 Conditions apply

BELIEVE - SACRIFICE - ACHIEVE

Please call or visit us online for more information about the Hamilton Aquatics Summer Swimming 2014 Squad Programme:
 Mobile +971 56 654 6733 Email summerabudhabi@hamiltonaquatics.ae
www.hamiltonaquatics.dubai.com
 Join us on Facebook.com/HamiltonAquaticsAbuDhabi or follow us on Twitter.com/HamiltonAquatic and Instagram.com/hamilton_aquatics_abu_dhabi



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HAMILTON AQUATICS SWIMMING ACADEMY
2014 | **SUMMER SWIMMING**
 ABU DHABI SQUADS




SUMMER SWIMMING 2014 SQUAD TIMETABLE 29 JUNE TO 11 SEPTEMBER 2014

	WEEK 1 29 Jun – 3 Jul	WEEK 2 6 Jul – 10 Jul	WEEK 3 13 Jul – 17 Jul	WEEK 4 20 Jul – 24 Jul	WEEK 5 27 Jul – 31 Jul	WEEK 6 3 Aug – 7 Aug	WEEK 7 10 Aug – 14 Aug	WEEK 8 17 Aug – 21 Aug	WEEK 9 24 Aug – 28 Aug	WEEK 10 31 Aug – 4 Sep	WEEK 11 7 Sep – 11 Sep
Senior			17:30 – 19:00		17:30 – 19:00		17:30 – 19:00			17:30 – 19:00	
Senior	17:30 – 19:00	17:30 – 19:00		17:30 – 19:00		17:30 – 19:00		17:30 – 19:00	17:30 – 19:00		17:30 – 19:00
Junior			17:30 – 19:00		16:00 – 17:30		17:30 – 19:00			16:00 – 17:30	
Junior	17:30 – 19:00	17:30 – 19:00		16:00 – 17:30		17:30 – 19:00		16:00 – 17:30	16:00 – 17:30		16:00 – 17:30
Potential			16:00 – 17:30	17:00 – 18:30			17:00 – 18:30	17:00 – 18:30	17:00 – 18:30		17:00 – 18:30
Potential	16:00 – 17:30	16:00 – 17:30			17:00 – 18:30	16:00 – 17:00				17:00 – 18:30	
Development			15:00 – 16:00	16:00 – 17:00			16:00 – 17:00	16:00 – 17:00	16:00 – 17:00		16:00 – 17:00
Development	15:00 – 16:00	15:00 – 16:00			16:00 – 17:00	15:00 – 16:00				16:00 – 17:00	
Foundation			15:00 – 16:00	15:00 – 16:00			15:00 – 16:00	15:00 – 16:00	15:00 – 16:00		15:00 – 16:00
Foundation	15:00 – 16:00	15:00 – 16:00			15:00 – 16:00	15:00 – 16:00				15:00 – 16:00	
Masters				18:30 – 19:30				18:30 – 19:30	18:30 – 19:30		18:30 – 19:30
Masters					18:30 – 19:30					18:30 – 19:30	

KEY TO LOCATIONS

 Raha International School/Khalifa City A

 Brighton College/Al Muntazah

Sunday to Thursday – AED350 per week – Sign up for as many weeks as you like – Early Bird Discounts

Foundation Squads Session duration – 1 hour	Development Squads Session duration – 1 hour	Potential Squads Session duration – 1.5 hours	Olympic Junior Squad Session duration – 1.5 hours	Competition Senior Squad Session duration – 1.5 hours
This fun squad is aimed at swimmers who have had previous basic squad experience with their school or club. They will work on all four strokes as well as starts and turns. The total distance swam during each session is 1400m–1600m, swimming mainly 25 metres at a time to ensure that the correct techniques are learnt and perfected without fatigue taking effect.	This exciting squad is aimed at swimmers who have had previous squad swimming with their school or club. They will cover all four strokes and learn drills for each. Swimmers will learn and improve their starts and turns as well as develop their dolphin kick. The total distance swam during each session is 1600m–1800m and will be mainly delivered in 25m and 50m repetitions to ensure that stroke quality is maintained. All swimmers should be able to swim 200m freestyle and perform the other three strokes legally over 50m.	Our Potential Squads are aimed at swimmers with previous squad and competition experience at club level. Swimmers will complete around 2000m–2500m of technique based swimming. All four strokes will be covered along with starts and turns during the week. A lot of kicking and progressive drills will be developed during the sessions. Swimmers should be able to swim 400m of a good standard.	This squad will be for swimmers who have trained and competed at a high level. The age guideline for this squad is 11–13, but it is dependent on the ability of the swimmers. During the week swimmers will cover all four strokes as well as starts and turns, progressing to stamina swimming. A lot of kicking sets will be covered and also land training will be covered extensively during this period.	This is our highest squad available for summer swimming, aimed at swimmers aged 13 or over, swimmers must have trained and competed at a very high standard previously. During the week, stroke correction and drills will be picked up on by the coach, whilst undergoing stamina and speed training. Land training will be an integral part of the training programme over the summer.

Please note that all squads have limited places and are on a first come first served basis.