

Hilton Brown Swimming Mini Squad

For Fitness and Technique



Duration: One hour

Number of times per week: 1 to 3 classes

Skill Level: Can swim 400 meters freestyle competently and is proficient in all four strokes – freestyle, backstroke, breaststroke and butterfly

Ages: 9 to 14 years

Do you have child that loves swimming but does not want to swim competitively? Or a child whose passion lies in water sports like water polo or surf lifesaving or surfing? Or a child that will eventually go

to club swimming but wants to improve their technique. That is where our Mini Squads come into play. Our squads are designed to help children keep up their swimming fitness in a fun, supportive environment that focuses both on fitness and technique.

The classes are one hour in length and you can chose to come once a week or multiple times. The sessions are varied, include drills, specific swimming sets and range in distance from 1k to 1.5k. The ages of the swimmers in the squads vary from around 9 to 14 years of age.



“My daughter swam with Hilton Brown Swimming from 3 months old. When she was 9–10 she was ready to join the Mini Squad. It was a whole different level of training and fitness and was integral to her swimming ability. Swimming fitness improves your fitness in all other sports. From there she progressed to club level commitment; and what interested me the most was that she was actually swimming faster than some of the club swimmers who trained 4–5 times a week. I highly recommend the Mini Squad programme at Hilton Brown Swimming if you are not quite ready for the Club commitment, but you are looking for the training and fitness. — Dr Sheridan Kay

Want to know more?

Touch base with us today

hiltonbrownswimming.co.nz

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