



TRAINING PROGRAMMES

UAS was established in 2012 with a vision to cater for swimming needs at all levels and ages. We operate from the Rotorua Aquatic Centre using both the 25 meter (indoor) and 50 meter (outdoor) pools.

Our programmes and squads are primarily ability based and aim to keep swimmers together as a group as they progress. We provide coaching to Te Arawa Swimming for those who wish to compete at Club, Regional and National levels.

Ika Iti (Little Fish)

“for the love of the water”

Coaches: Aldona, Adrian & Siobhan

Duration: 30 or 45 min

Frequency: 1 - 2 times a week
School Term only

Swimmers are introduced to swimming longer distances, doing all strokes (including kick) technically well. We use a variety of equipment (provided) as well as learning dive-starts.

All are non-competitive and only train during the school terms and no more than twice per week. The focus is on fun, safety and camaraderie

Ika Nui (Big Fish)

“friends and fitness”

Coach: Henk Greupink

Duration: 1 hour

Frequency: up to 3 times a week
School Term only

Swimmers are introduced to a “squad” environment training in larger groups for fitness, water polo and other activities. The sessions are more challenging with the introduction of skills and drills, dive starts and turns, and swimming longer distances. Swimmers will get a more balanced program throughout the term and competitive swimming is encouraged.

Hammerheads

“one team - one focus”

Coach: Henk Greupink

Frequency:

Juniors up to 5 times a week
Seniors up to 9 times a week
All year round

Both Junior and Senior swimmers train in a competitive environment. Increased mileage and training intensities in well balanced sessions throughout the season. The committed swimmers use training aids, advanced drills and skill sets with the aim to achieve at a National competitive level and train up to 5 sessions (juniors) and 9 sessions (seniors) throughout the year, including school holidays and a well balanced dryland program.

Para Swimmers

“winners”

Coaches: Siobhan Terry & Henk Greupink

Duration/Frequency: By arrangement

As part of our inclusive approach to swimming we work closely with Swimming NZ, Paralympics NZ and other organisations to accommodate and assist with swimming needs for those with disabilities. Please contact us to arrange an assessment.

Masters, Fitness & Tri

“water warriors”

Coach: Henk Greupink

Frequency:
up to 5 times a week

Fitness, Iron Man, Iron Maori, Xterra, Open water racing, Ocean Swim Series etc. Some simply swim for fitness and recovery from an injury, others are interested in stroke corrections. Swimming all year round. This squad trains alongside morning competitive swimmers and is open to all ages and levels. Equipment provided.

FREE assessment and FREE trial available to all interested swimmers.

**For more details please contact Henk Greupink
Email: uas.swimming@gmail.com or Ph: 027 220 3470**