

The below schedule is subject to change, members will be notified of any major updates.

There is no training on public holidays.



SQUAD TRAINING SCHEDULE

SQUAD	TYPE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
IGSSA (Term 1 and 4 only)	Swim AM						
	Swim PM						
Juniors	Swim AM	6.00am - 7.00am				6.00am - 7.00am	7.00am - 8.30am
	Swim PM	4.00pm - 5.00pm	4.30pm - 5.30pm	4.00pm - 5.00pm	4.30pm - 5.30pm	4.00pm - 5.00pm	
	Dryland PM		4.00pm - 4.30pm		4.00pm - 4.30pm		
Intermediate	Swim AM	6.00am - 7.00am				6.00am - 7.00am	7.00am - 8.30am
	Swim PM	4.00pm - 5.30pm	4.30pm - 6.00pm	4.00pm - 5.30pm	4.30pm - 6.00pm	4.00pm - 5.30pm	
	Dryland PM		4.00pm - 4.30pm		4.00pm - 4.30pm		
Age	Swim AM	5.30am - 7.30am	5.30am - 7.30am		5.30am - 7.30am	5.30am - 7.30am	6.00am - 8.00am
	Swim PM	5.00pm - 7.00pm	5.00pm - 7.00pm	5.00pm - 7.00pm		4.00pm - 6.00pm	
	Dryland PM			4.00pm - 5.00pm			8.00am - 9.00am
Open	Swim AM	5.30am - 7.30am	5.30am - 7.30am		5.30am - 7.30am	5.30am - 7.30am	6.00am - 8.00am
	Swim PM	5.00pm - 7.00pm	5.00pm - 7.00pm	5.00pm - 7.00pm		4.00pm - 6.00pm	

MASTERS SCHEDULE

TYPE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Swim AM	5.30am - 6.30am			5.30am - 6.30am 6.30am - 7.30am	5.30am - 6.30am	6.00am - 7.00am 8.30am - 9.30am
Swim PM	6.30pm - 7.30pm	6.30pm - 7.30pm		6.30pm - 7.30pm		