

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	6.30am - 8.00am	6.30am - 8.00am		6.30am - 8.00am		
	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	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		