

NATIONAL SQUAD SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	SWIM 5:30-7:30AM CLAREMONT	SWIM 5:30-7:30AM CHRIST CHURCH		SWIM 5:30-7:30AM CHRIST CHURCH	SWIM 5:30-7:30AM CLAREMONT	SWIM 6:30-8:30AM CHRIST CHURCH
PM	SWIM 4:30 -6:30PM CHRIST CHURCH	GYM 5-6PM TBA	SWIM 4:30-6:30PM CHRIST CHURCH	GYM 5-6PM TBA		

* Please note each swim session is proceeded by 15 min dry land activation. There will be no training on public holidays or on Saturdays when we have targeted meets.
* CLUB NIGHTS WILL TAKE PLACE ON FRIDAY NIGHTS APPROX ONCE PER MONTH (DATES TBA)

NATIONAL DEVELOPMENT/STATE SQUAD SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM		SWIM 5:30-7:30AM CHRIST CHURCH		SWIM 5:30-7:30AM CHRIST CHURCH		SWIM 6:30-8:30AM CHRIST CHURCH
PM	GYM 4:30 - 5:00 PM SWIM 5:00-7:00PM CHRIST CHURCH		GYM 4:30 5:30PM SWIM 5:30-7:00PM CHRIST CHURCH		GYM 4:30 5:30PM SWIM 5:30-7:00PM CHRIST CHURCH	

* Please note each swim session is proceeded by 15 min dry land activation. There will be no training on public holidays or on Saturdays when we have targeted meets.
* CLUB NIGHTS WILL TAKE PLACE ON FRIDAY NIGHTS APPROX ONCE PER MONTH (DATES TBA)

FAST & FIT SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM		SWIM 5:30-7:30AM CHRIST CHURCH		SWIM 5:30-7:30AM CHRIST CHURCH		
PM	SWIM 5:30 -7:00 PM CHRIST CHURCH	SWIM 5:30 -7:00 PM CHRIST CHURCH	SWIM 5:30-7:00PM CHRIST CHURCH	SWIM 5:30 -7:00 PM CHRIST CHURCH		

* Please note each swim session is proceeded by 15 min dry land activation. There will be no training on public holidays or on Saturdays when we have targeted meets.
* CLUB NIGHTS WILL TAKE PLACE ON FRIDAY NIGHTS APPROX ONCE PER MONTH (DATES TBA)

JUNIOR DEVELOPMENT SQUAD SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	SWIM 6:30 - 7:30 AM CHRIST CHURCH		SWIM 6:30 - 7:30 AM CHRIST CHURCH			SWIM 7:30 - 9:00 AM
PM		SWIM 4:30 - 5:30 PM CHRIST CHURCH		SWIM 4:30 - 5:30 PM CHRIST CHURCH	GYM 4:30 - 5:30 PM SWIM 5:30 - 7:00 PM CHRIST CHURCH	

* Please note each swim session is proceeded by 15 min dry land activation. There will be no training on public holidays or on Saturdays when we have targeted meets.
* CLUB NIGHTS WILL TAKE PLACE ON FRIDAY NIGHTS APPROX ONCE PER MONTH (DATES TBA)