

## NATIONAL SQUAD SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	SWIM 5:30-7:30AM CLAREMONT	SWIM 5:30-7:30AM CHRIST CHURCH	OFF	SWIM 5:30-7:30AM CHRIST CHURCH	SWIM 5:30-7:30AM CLAREMONT	SWIM 6:00-8:00AM CHRIST CHURCH
PM	SWIM 4:30 -6:30PM CHRIST CHURCH	GYM 5-6PM CHRIST CHURCH	SWIM 4:30-6:30PM CHRIST CHURCH	GYM 5-6PM CHRIST CHURCH	SWIM 4.00- 5.00 PM CHRIST CHURCH	
<p><i>* Please note each swim session is preceded by 15 min dry land activation. There will be no training on public holidays or on Saturdays when we have targeted meets.</i></p> <p><i>* CLUB NIGHTS WILL TAKE PLACE ON FRIDAY NIGHTS APPROX ONCE PER MONTH (DATES TBA)</i></p>						

## 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 6:00-8:00AM CHRIST CHURCH
PM	LAND EXS 4.30 -5.00 PM SWIM 5:00-7:00PM CHRIST CHURCH		LAND EXS 4:30 5:30PM SWIM 5:30-7:00PM CHRIST CHURCH		LAND EXS 4:30 5:30PM SWIM 5:30-7:00PM CHRIST CHURCH	
<p><i>* Please note each swim session is preceded by 15 min dry land activation. There will be no training on public holidays or on Saturdays when we have targeted meets.</i></p> <p><i>* CLUB NIGHTS WILL TAKE PLACE ON FRIDAY NIGHTS APPROX ONCE PER MONTH (DATES TBA)</i></p>						

## 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 5:00-7:00PM CHRIST CHURCH	SWIM 5:30 -7:00 PM CHRIST CHURCH		
<p><i>* Please note each swim session is preceded by 15 min dry land activation. There will be no training on public holidays or on Saturdays when we have targeted meets.</i></p> <p><i>* CLUB NIGHTS WILL TAKE PLACE ON FRIDAY NIGHTS APPROX ONCE PER MONTH (DATES TBA)</i></p>						

## JUNIOR DEVELOPMENT SQUAD SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	SWIM 6:30-7:30AM CHRIST CHURCH		SWIM 6:30-7:30AM CHRIST CHURCH			SWIM 7:30-9:00AM CHRIST CHURCH
PM		SWIM 4:30-5:30PM CHRIST CHURCH		SWIM 4:30-5:30PM CHRIST CHURCH	LAND EXS 4:30-5:30 PM SWIM 5:30-7:00PM CHRIST CHURCH	
<p><i>* Please note each swim session is preceded by 15 min dry land activation. There will be no training on public holidays or on Saturdays when we have targeted meets.</i></p> <p><i>* CLUB NIGHTS WILL TAKE PLACE ON FRIDAY NIGHTS APPROX ONCE PER MONTH (DATES TBA)</i></p>						