

## Junior Development Squad (JDS)/Blue Marlins/Age Development Squad (ADS) training Schedule



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	<p><b>JDS @ Claremont Pool</b> 6.15am – 7.30am</p>	<p><b>Blue Marlins and ADS @ CCGS</b> 5.30am – 7am</p>	<p><b>JDS @ Claremont Pool</b> 6.15am to 7.30am</p>	<p><b>Blue Marlins and ADS @ CCGS</b> 5.30am – 7am</p>	<p>OFF</p>	<p><b>Blue Marlins and ADS @ CCGS</b> 6.30am – 8.20am</p> <p><b>JDS @ CCGS</b> 7.30am – 9am</p>
PM	<p><b>Blue Marlins</b> 5.30pm – 7pm</p> <p><b>ADS @ CCGS</b> 5.30pm – 7.20pm</p>	<p><b>JDS @ CCGS</b> 4.30pm – 5.30pm</p> <p><b>Blue Marlins</b> 5.30pm – 7pm</p>	<p><b>No Blue Marlins</b></p> <p><b>ADS ONLY (Club members only)</b> 5.30pm – 7.20pm</p>	<p><b>JDS @ CCGS</b> 4.30pm – 5.30pm</p> <p><b>Blue Marlins</b> 5.30pm – 7pm</p>	<p><b>JDS @ CCGS</b> Dry Land 4.30pm – 5.30pm Swim: 5.30pm – 7pm</p> <p><b>Blue Marlins</b> 5.30pm – 7pm</p> <p><b>ADS @ CCGS</b> 5.30pm – 7.20pm</p>	