

Squad Timetables – Return to Aquatics 9th November 2020

SQUAD(S)	Swimming Allocation - Pool Time Nov NO LAND TRAINING – in-house
Silver	Monday: 7pm – 8pm
	Wednesday: 6pm – 7:30pm
	Friday: 7pm – 8pm
	Saturday: 7:30am – 9am
Gold	Monday: 7pm – 8pm
	Wednesday: 6pm – 7:30pm
	Friday: 7pm – 8pm
	Saturday: 7:30am – 9am
Platinum	Monday: 6pm – 7pm
	Tuesday: 6pm – 8pm
	Thursday: 6pm – 8pm
	Friday: 6pm – 7pm
	Saturday: 6am – 8am
AGD	Monday: 5:30am – 7am 4pm – 6pm
	Tuesday: 4pm – 6pm
	Thursday: 4pm – 6pm
	Friday: 5:30am – 7am 4pm – 6pm
	Saturday: 6am – 8am
Youth Potential	Monday: 6pm - 8pm
	Tuesday: 6pm - 8pm
	Wednesday: 4pm – 6pm
	Thursday: 6pm – 8pm
	Friday: 5pm – 7pm
Performance	Monday: 5:30am – 7am 4pm – 6pm
	Tuesday: 4-6pm
	Wednesday: 5:30am – 7am 4pm – 6pm
	Thursday: 4pm – 6pm
	Friday: 5:30am – 7am 4pm – 6pm
	Saturday: 6am – 8am

SQUAD(S)	Swimming Allocation - Pool Time Nov NO LAND TRAINING – in-house
Masters	Monday: 8pm – 9pm
	Wednesday: 7:30pm – 9pm
	Thursday: 8pm – 9pm
	Sunday: 3pm – 4:30pm