

SQUAD TIMETABLE STARTING MONDAY 22 OF APRIL

Every session **MUST** be booked through the online Active Carrot System. Lane capacity limits will be strictly observed. Only swimmers that have booked online will be able to participate.

All swimmers must be on deck 15 minutes before each session to warm up and discuss session.

**Combined dryland activities

GOLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	5.00am – 7.00am	5.00am – 7.00am	5.00am – 7.00am	5.00am – 7.00am	5.00am – 7.00am	5.00am – 7.00am
PM	4.00pm – 6.00pm	4.00pm – 6.00pm	4.00pm – 6.00pm	4.00pm – 6.00pm	4.00pm – 6.00pm	

SILVER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	5.00am – 6.30am	5.00am – 6.30am	5.00am – 6.30am	5.00am – 6.30am	5.00am – 6.30am	5.00am – 6.30am
PM 13/U		4.00pm – 5.30pm		4.00pm – 5.30pm		
PM 14/O	4.00pm – 5.30pm		4.00pm – 5.30pm		4.00pm – 5.30pm	

BRONZE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	6.30am – 7.45am	6.30am – 7.45am	6.30am – 7.45am**	6.30am – 7.45am	6.30am – 7.45am	6.30am – 7.45am
PM	5.30pm – 6.45pm	5.30pm – 6.45pm	5.30pm – 6.45pm	5.30pm – 6.45pm		

DEVELOPMENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	7.00am – 8.00am	7.00am – 8.00am	6.30am – 7.45am**	7.00am – 8.00am	7.00am – 8.00am	7.00am – 8.00am
PM	6.00pm – 7.00pm	6.00pm – 7.00pm		6.00pm – 7.00pm		

FITNESS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	5.00am – 6.00am	5.00am – 6.00am		5.00am – 6.00am	5.00am – 6.00am	5.00am – 6.00am
AM	6.30am – 7.30am	6.30am – 7.30am	6.30am – 7.45am**	6.30am – 7.30am	6.30am – 7.30am	6.30am – 7.30am

