

# Squad Timetable starting Monday 14 April 2025

Every session MUST be booked through the online Active Carrot System. Lane capacity limits will be strictly observed. Only swimmers with bookings will be allowed to participate.

All swimmers must be on deck 15 minutes before each session to warm up and discuss session. Additional Bronze AM session is 60 minutes duration only.

<b>GOLD</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
AM	5 - 7am	5 - 7am	5 - 7am	5 - 7am	5 - 7am	5 - 7am
PM	4 - 6pm	4 - 6pm	4 - 6pm	4 - 6pm	4 - 6pm	
<b>SILVER</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
AM	5 - 6.45am	5 - 6.45am	5 - 6.45am	5 - 6.45am	5 - 6.45am	5 - 6.45am
PM	4 - 5.45pm	4 - 5.45pm	4 - 5.45pm	4 - 5.45pm	4 - 5.45pm	
<b>BRONZE</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
AM	5 - 6am	5 - 6am		5 - 6am	5 - 6am	5 - 6am
AM	6.45 - 8am	6.45 - 8am	6.45 - 8am**	6.45 - 8am	6.45 - 8am	6.45 - 8am
PM	5.45 - 7pm	5.45 - 7pm	5.45 - 7pm	5.45 - 7pm		
<b>DEVELOPMENT</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
AM	7 - 8am	7 - 8am	6.45 - 8am**	7 - 8am	7 - 8am	7 - 8am
PM	6 - 7pm	6 - 7pm		6 - 7pm		
<b>FITNESS</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
AM	5 - 6am	5 - 6am		5 - 6am	5 - 6am	5 - 6am

\*\*Combined dryland activities

For more information visit [maitland.nsw.gov.au/aquatics](http://maitland.nsw.gov.au/aquatics) or to book, phone **02 4933 5073** or [aquatics@maitland.nsw.gov.au](mailto:aquatics@maitland.nsw.gov.au)