

Squad Program - Winter 2025:

Squad:	Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Notes:
National: 9 swim sessions 3 gym sessions	Morning Session: 5:00am-5:15am - Dryland 5:15am-7:15am - Swim or 6:30am-7:00am - Dryland 7:00am-9:00am - Swim Afternoon Session: Aquatic Academy: 1:00pm-1:30pm - Dryland 1:30pm-3:30pm - Swim or Wentworthville Pool: 4:15pm-4:45pm - Dryland 4:45pm-6:45pm - Swim	Morning Session: Dryland - Pre Training 5:00am-6:00am - Swim 6:00am-7:00am Gym	Morning Session: 5:00am-5:15am - Dryland 5:15am-7:15am - Swim or 8:30am-9:00am - Dryland 9:00am-11:00am - Swim Afternoon Session: Aquatic Academy: 1:00pm-1:30pm - Dryland 1:30pm-3:30pm - Swim or Wentworthville Pool: 4:15pm-4:45pm - Dryland 4:45pm-6:45pm - Swim	Morning Session: Dryland - Pre Training 5:00am-6:00am - Swim 6:00am-7:00am Gym Afternoon Session: Aquatic Academy: 1:00pm-1:30pm - Dryland 1:30pm-3:30pm - Swim or 3:30pm-4:00pm - Dryland 4:00pm-6:30pm - Swim	Morning Session: Dryland - Pre Training 5:00am-6:00am - Swim 6:00am-7:00am Gym Afternoon Session: Aquatic Academy: 1:00pm-1:30pm - Dryland 1:30pm-3:30pm - Swim or 3:30pm-4:00pm - Dryland 4:00pm-6:30pm - Swim	Morning Session: Wentworthville Pool: 7:00am-9:00am - Swim	Gym sessions are: Tues / Thurs / Fri.
State: 8 swim sessions 2 gym sessions	Morning Session: 5:00am-5:15am - Dryland 5:15am-7:15am - Swim	Morning Session: Dryland - Pre Training 5:00am-6:00am - Swim 6:00am-7:00am Gym Afternoon Session: 3:45pm-4:00pm - Dryland 4:00pm-6:00pm - Swim	Morning Session: 5:00am-5:15am - Dryland 5:15am-7:15am - Swim Afternoon Session: Extra Session: Wentworthville Pool: 4:15pm-4:45pm - Dryland 4:45pm-6:45pm - Swim	Morning Session: Dryland - Pre Training 5:00am-6:00am - Swim 6:00am-7:00am Gym Afternoon Session: 3:45pm-4:00pm - Dryland 4:00pm-6:00pm - Swim	Morning Session: Dryland - Pre Training 5:00am-6:00am - Swim 6:00am-7:00am Gym Afternoon Session: 3:30pm-5:00pm - Swim	Morning Session: Wentworthville Pool: 7:00am-9:00am - Swim	Gym sessions are: Tues / Fri.
Area: 7 swim sessions 1 gym session	Morning Session: 5:00am-5:15am - Dryland 5:15am-7:15am - Swim	Morning Session: 5:00am-5:15am - Dryland 5:15am-7:15am - Swim Afternoon Session: 3:45pm-4:00pm - Dryland 4:00pm-6:00pm - Swim	Morning Session: Dryland - Pre Training 5:00am-6:00am - Swim 6:00am-7:00am Gym Afternoon Session: 3:45pm-4:00pm - Dryland 4:00pm-6:00pm - Swim	Morning Session: 6:00am-6:30am - Dryland 6:30am-8:00am - Swim	Morning Session: 6:00am-6:30am - Dryland 6:30am-8:00am - Swim	Morning Session: 6:00am-6:30am - Dryland 6:30am-8:00am - Swim	Gym session is: Thurs.
Development: 6 swim sessions	Afternoon Session: 3:45pm-5:30pm - Swim	Afternoon Session: 6:00pm-7:30pm - Swim	Afternoon Session: 3:45pm-5:30pm - Swim	Afternoon Session: 6:00pm-7:30pm - Swim	Afternoon Session: 5:00pm-6:30pm	Morning Session: 6:00am-6:30am - Dryland 6:30am-8:00am - Swim	

Mini Squad:	Morning Session: Stream 1: 6:30am-7:30am - Swim	Morning Session: Stream 2: 7:00am-8:00am - Swim	Morning Session: Stream 1: 6:30am-7:30am - Swim	Morning Session: Stream 2: 7:00am-8:00am - Swim	Mini Squad to train in 1 x Stream Only. Acceptance is by Coach ID only.
2 swim sessions					
Teen Squad:	Morning Session: 8:00am-9:00am - Swim				Caters for swimmers who wish to train primarily for fitness and enjoyment.
	Afternoon Session: 7:30pm-8:30pm - Swim		Afternoon Session: 7:30pm-8:30pm - Swim		
Masters Squad:	Morning Session: 5:30am-7:15am - Swim	Morning Session: 5:30am-7:15am - Swim	Morning Session: 5:30am-7:15am - Swim		Caters for all Adult swimming - Masters, Triathlon, RLS, etc