## Squad Program - Winter 2025:

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

Mini Squad:	Morning Session:	Morning Session:	Morning Session:	Morning Session:		Mini Squad to train in 1 x Stream
	Stream 1:	Stream 2:	Stream 1:	Stream 2:		Only. Acceptance is by Coach
2 swim sessions	6:30am-7:30am - Swim	7:00am-8:00am - Swim	6:30am-7:30am - Swim	7:00am-8:00am - Swim		ID only.
Teen Squad:					Morning Session:	Caters for swimmers who wish
Teen Squad:					<b>Morning Session:</b> 8:00am-9:00am - Swim	Caters for swimmers who wish to train primarily for fitness

Masters Squad:	Morning Session:	Morning Session:	Morning Session:	Caters for all Adult swimming -
	5:30am-7:15am - Swim	5:30am-7:15am - Swim	5:30am-7:15am - Swim	Masters, Triathlon, RLS, etc

Afternoon Session:

7:30pm-8:30pm - Swim

Afternoon Session:

7:30pm-8:30pm - Swim