

TRAINING TIMETABLE

	Venue	Improvers	Junior Development	Development	Progressive	Junior Club/ Club	Masters (1)	Social
Monday	Fleming Park	6:00 - 7:00pm	6:00 - 7:00pm	7:00 - 8:00pm	7:00 - 8:00pm 7:00 – 8.30pm	8:00 - 9:30pm	8:00 - 9:30pm	
Tuesday	Kings School				7:15 – 8.45pm	7:15 - 8:45pm	7:15 – 8:45pm	
Wednesday	Oaklands				6:15 - 8:15pm	6:15 - 8:15pm		
Friday	Oaklands				6:00 - 8:00pm	6:00 - 8:00pm		
	Fleming Park	7:00 - 8:00pm	7:00 - 8:00pm	7:00 - 8:00pm			8:00 - 9:00pm	8:00 - 9:00pm
Saturday	Oaklands				6:15 - 8:15am	6:15 - 8:15am		
Sunday	Fleming Park		7:00 - 8:00pm	7:00 - 8:00pm		7:00 - 8:00pm 7:00 - 9:00pm (2)	7:00 - 8:00pm 7:00 - 9:00pm (2)	7:00 - 8:00pm 7:00 - 9:00pm (2)
For swimmers in Club squad, land training takes place on Monday evening from 7-8pm immediately prior to pool training.								

1) MASTERS MAY SWIM A MAXIMUM OF THREE SESSIONS PER WEEK.

2) ALTERNATE SUNDAY SESSIONS – WK.1 7:00 – 8:00 PM WK.2 7:00 – 9:00 PM