

TRAINING SCHEDULE (28/06/21 to 17/07/21)



SQUADS

	Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
IGSSA St Mary's Students Only	Swim Training AM						
	Swim Training PM						
Juniors	Swim Training AM	6.00am - 7.00am				6.00am - 7.00am	7.00am - 8.30am
	Swim Training PM	4.00pm - 5.00pm	4.00pm - 5.00pm	4.00pm - 5.00pm	4.00pm - 5.00pm	4.00pm - 5.00pm	
	Dryland Training PM		5.00pm - 5.30pm		5.00pm - 5.30pm		
Intermediates	Swim Training AM	6.00am - 7.30am				6.00am - 7.30am	7.00am - 8.30am
	Swim Training PM	4.00pm - 5.30pm	4.00pm - 5.30pm	4.00pm - 5.30pm	4.00pm - 5.30pm	4.00pm - 5.30pm	
	Dryland Training PM		5.30pm - 6.00pm		5.30pm - 6.00pm		
State Development	Swim Training AM	5.30am - 7.30am	5.30am - 7.30am		5.30am - 7.30am	5.30am - 7.30am	6.30am - 8.30am
	Swim Training PM	4.30PM - 6.30PM	5.00pm - 7.00pm	4.30PM - 6.30PM		4.00pm - 6.00pm	
	Dryland Training PM	4.00PM - 4.30PM	4.00pm - 5.00pm	4.00PM - 4.30PM			8.30am - 9.30am
Nationals	Swim Training AM	5.30am - 7.30am	5.30am - 7.30am		5.30am - 7.30am	5.30am - 7.30am	5.30am - 7.30am
	Swim Training PM	5:00pm - 7:00pm	5.00pm - 7.00pm	5:00pm - 7:00pm		4.00pm - 6.00pm	
	Dryland Training PM						

MASTERS

	Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Masters AM	Swim AM	5.30am - 6.30am			5.30am - 6.30am	5.30am - 6.30am	6.30am - 7.30am 8.30am - 9.30am
Masters PM	Swim PM	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm		

SWIM AM
SWIM PM
DRYLAND