

NO TRAINING
 Tuesday 16 April Junior Squad
 Thursday 25 April (ANZAC DAY) ALL SQUADS
 Monday 3 June (WA Day) ALL SQUADS

TRAINING SCHEDULE 15 April to 14 July 2024



	Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
IGSSA St Mary's Students Only	Swim Training AM		TRAINING RETURNS TERM 4 2024				
	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	4.30pm - 5.30pm	4.00pm - 5.00pm	4.30pm - 5.30pm	4.00pm - 5.00pm	
	Dryland Training PM		4.00pm - 4.30pm		4.00pm - 4.30pm		
Intermediates	Swim Training AM	6.00am - 7.00am				6.00am - 7.00am	7.00am - 8.30am
	Swim Training PM	4.00pm - 5.30pm	4.30pm - 6.00pm	4.00pm - 5.30pm	4.30pm - 6.00pm	4.00pm - 5.30pm	
	Dryland Training PM		4.00pm - 4.30pm		4.00pm - 4.30pm		
State Development	Swim Training AM	5.30am - 7.30am	5.30am - 7.30am		5.30am - 7.30am	5.30am - 7.30am	6.00am - 8.00am
	Swim Training PM	5:00pm - 7:00pm	5.00pm - 7.00pm	5:00pm - 7:00pm		4.00pm - 6.00pm	
	Dryland Training PM			4.00pm - 5.00pm			8.00am - 9.00am
Nationals	Swim Training AM	5.30am - 7.30am	5.30am - 7.30am		5.30am - 7.30am	5.30am - 7.30am	6.00am - 8.00am
	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	6.00am - 7.00am 8.30am - 9.30am
Masters PM	Swim PM	6.30pm - 7.30pm	6.30pm - 7.30pm		6.30pm - 7.30pm		

SWIM AM
SWIM PM
DRYLAND

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