

**NO TRAINING FOR CHRISTMAS BREAK**  
**Thursday 15 December 2022 - Tuesday 3 January 2023**  
**NO TRAINING AUSTRALIA DAY 26 January 2023**

# TRAINING SCHEDULE 3 December 2022 - 29 January 2023



	Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>IGSSA</b> St Mary's Students Only	Swim Training AM	6.30am - 8.00am	6.30am - 8.00am		6.30am - 8.00am		
	Swim Training PM						
<b>Juniors</b>	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		
<b>Intermediates</b>	Swim Training AM	6.00am - 7.30am				6.00am - 7.30am	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		
<b>State Development</b>	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
<b>Nationals</b>	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
<b>Masters AM</b>	Swim AM	5.30am - 6.30am			5.30am - 6.30am	5.30am - 6.30am	6.00am - 7.00am 8.30am - 9.30am
<b>Masters PM</b>	Swim PM	6.30pm - 7.30pm	6.30pm - 7.30pm		6.30pm - 7.30pm		

SWIM AM
SWIM PM
DRYLAND

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