

Performance A & B (Pool)		Notes
Monday AM	6:00 – 8:00am	
Monday PM	19:05 – 21:00pm	
Tuesday PM	18:30 – 20:05pm	
Wednesday PM	18:30 – 21:00pm	
Friday AM	6:00 – 8:00am	Performance A ONLY
Friday PM	18:30 – 20:05pm	
Saturday AM	8:00 – 10:00am	

Performance A & B (Land)		Notes
Monday PM	16:30 – 17:30pm	Online
Wednesday PM	16:30 – 17:30pm	Online
Friday AM	6:45 – 7:45am	Face to face
Saturday AM	6:45 – 7:45am	Face to face

- Swimmers will be directed individually to the appropriate land training sessions

Competitive 3 (Pool)		Notes
Monday PM	17:30 – 18:55pm	
Tuesday AM	6:00 – 7:00am	
Thursday AM	6:00 – 8:00am	INVITE ONLY
Thursday PM	18:30 – 20:00pm	
Saturday PM	16:30 – 17:30pm	

Competitive 3 (Land)		Notes
Saturday AM	7:45 – 8:45am	Face to face
Saturday AM	8:45 – 9:45am	Face to face

Swimmers will be directed to one of the Saturday AM sessions

Competitive Youth (Pool)		Notes
Tuesday AM	7:10 – 8:00am	
Wednesday AM	6:00 – 7:00am	
Thursday PM	20:10 – 21:00pm	
Friday AM	6:00 – 7:00am	INVITE ONLY

Competitive Youth (Land)		Notes
Tuesday PM	17:30 – 18:30	Online

Competitive 2 (Pool)		Notes
Wednesday AM	7:10 – 8:00am	
Saturday AM	7:00 – 7:50am	
Sunday PM	15:30 – 16:35	

Competitive 2 (Land)		Notes
Tuesday PM	16:30 – 17:30	Online

Competitive 1 (Pool)		Notes
Tuesday PM	20:15 – 21:00	
Thursday AM	6:45 – 8:00	INVITE ONLY. Swimmers only need to arrive at 6:45am for this session
Friday PM	20:15 – 21:00	

Competitive 1 (Land)		Notes
Monday PM	17:30 – 18:30	Online

Skill Development (pool)		Notes
Wednesday PM	17:30 – 18:25	

Minnows (pool)		Notes
Sunday PM	16:45 – 17:30	

Seniors (Pool)		Notes
Friday AM	7:15-8:00am	
Sunday PM	16:45 – 17:30pm	Alternating weeks

Bubble 1 will swim on a Sunday PM on: 13th & 27th September

Bubble 2 will swim on a Sunday PM on: 20th September & 4th October

The arrangements will be reviewed after 4 weeks.