

Galston Squads Timetable

Junior – Coach Adrian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	8:00am

Junior Comp – Coach Adrian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30pm	4:30pm	5:30am	4:30pm	5:30am	6:30am
		4:30pm		4:30pm	

Senior – Coach Adrian & Stacy

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45pm	5:45pm	5:30am	5:45pm	5:30am	8:00am
		5:45pm		5:45pm	

Senior Comp & Senior Gold – Coach Stacy

- Dryland sessions held on Wednesday @ 5:00pm (additional cost)
- Senior Gold dryland sessions will be advised.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am	5:00am	5:00pm	5:00am	5:00am	6:30am
5:00pm	5:00pm		5:00pm	5:00pm	

Squad assessments are to be booked in via Galston Aquatic Centre reception.