



Junior Squad Winter Training Times

SQUAD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group 2	<ul style="list-style-type: none"> 3.30pm-4.30pm (swim session) 4.30pm-5.15pm (Land training) 	<ul style="list-style-type: none"> 3.30pm-4.30pm (swim session) 4.30pm-5.15pm (Land training) 	<ul style="list-style-type: none"> 3.30pm-4.30pm (swim session) 4.30pm-5.15pm (Land training) 	<ul style="list-style-type: none"> 3.30pm-4.30pm (swim session) 4.30pm-5.15pm (Land training) 	<ul style="list-style-type: none"> 6am-7.30am (Swim Only) 	6am-8am**
Group 3	<ul style="list-style-type: none"> 3.30pm – 4.15pm (land Training) 4.30 - 6pm (Swim) 	<ul style="list-style-type: none"> 3.30pm – 4.15pm (land Training) 4.30 - 6pm (Swim) 	<ul style="list-style-type: none"> 3.30pm – 4.15pm (land Training) 4.30 - 6pm (Swim) 	<ul style="list-style-type: none"> 5.30am – 7.30 am and 3.30pm – 6pm (Land training and swim both sessions) 	<ul style="list-style-type: none"> 5.30am – 6am (Land training) 6am - 7.30am (Swim) 	6am-8am
Performance Squad	<ul style="list-style-type: none"> 5.30am-7.30am (Swim only) 	<ul style="list-style-type: none"> 5.30am-7.30am (Swim only) 3.30 - 6pm (land & Swim) 	<ul style="list-style-type: none"> 5.30am-6.30am (Swim) 6.30-7.30am (Dryland) 	<ul style="list-style-type: none"> 5.30am-7.30am (Swim only) 3.30 - 6pm (dryland & Swim) 	<ul style="list-style-type: none"> 5.30am-7.30am (Swim Only) 	6am-8am

**if the Saturday morning session becomes too busy, group 2 swimmers will swim from 8am – 9am

(Updated Sept 2017)