

TERM 3 - SENIOR SQUADS TIMETABLE

All Senior swimmers are required to have the following items at training:

- Flippers (can be purchased at [Swimwear Galore](#) and/or Rebel Sport)
- Skipping Rope
- Bathers
- Goggles x 2
- Sun block
- Runners on a Monday and Wednesday night

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool	Harold Holt	Harold Holt	Harold Holt	Harold Holt	Prahran	Prahran
National Target	4.45pm – 6:30pm (Dryland / Swimming)	6:00am – 7:15am (Swimming) 7:15pm – 8:30pm (Swimming)	4:45pm – 6:30pm (Dryland / Swimming)	6:00am – 7:15am (Swimming) 7:15pm – 8:30pm (Swimming)	4:30pm – 6:00pm (Swimming)	6:45am – 8:00am* (Swimming)
Swimmers are expected to train at least 5 sessions per week including 2 or 3 morning sessions. *Saturday morning sessions will take place on the following: 6/2, 20/2, 27/2, 13/3 and 27/3 *Saturday morning session will NOT take place on the following: 13/2 (States), 6/3 (ASCTA Meet), and 20/3 (All Junior Eliminations)						
Senior A	4.45pm – 6:30pm (Dryland / Swimming)	6:00am – 7:15am (Swimming) 7:15pm – 8:30pm (Swimming)	4:45pm – 6:30pm (Dryland / Swimming)	6:00am – 7:15am (Swimming) 7:15pm – 8:30pm (Swimming)	4:30pm – 6:00pm (Swimming)	
Swimmers are expected to train at least 3-4 sessions per week.						
Senior B	4.45pm – 6:30pm (Dryland / Swimming)	7:15pm – 8:30pm (Swimming)	4:45pm – 6:30pm (Dryland / Swimming)	6:00am – 7:15am (Swimming) 7:15pm – 8:30pm (Swimming)	4:30pm – 6:00pm (Swimming)	
Swimmers are expected to train at least 2 - 3 sessions per week.						
Senior C	4.45pm – 6:30pm (Dryland / Swimming)		4:45pm – 6:30pm (Dryland / Swimming)		4:30pm – 6:00pm (Swimming)	
Swimmers are expected to train 2 sessions per week.						