

MALVERN ACADEMY OF SWIMMING

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SENIOR SQUAD TIMETABLE

Squad	Monday	Tuesday	Wednesday	Thursday	Friday
Pool	Harold Holt	Harold Holt	Harold Holt	Harold Holt	Harold Holt
National Target	4:45pm – 6:30pm	6:00am – 7:15am 4:45pm – 6:15pm	4:45pm – 6:30pm	6:00am – 7:15am 4:45pm – 6:15pm	4:30pm – 6:00pm
Senior A	4:45pm – 6:30pm	6:00am – 7:15am 4:45pm – 6:15pm	4:45pm – 6:30pm	6:00am – 7:15am 4:45pm – 6:15pm	4:30pm – 6:00pm
Senior B	4:45pm – 6:30pm	4:45pm – 6:15pm	4:45pm – 6:30pm	4:45pm – 6:15pm	4:30pm – 6:00pm
Senior C (any 2 sessions)	4:45pm – 6:30pm		4:45pm – 6:30pm		4:30pm – 6:00pm

JUNIOR SQUAD TIMETABLE

Squad	Monday	Tuesday	Wednesday	Thursday	Friday
Pool	Harold Holt	Harold Holt	Harold Holt	Harold Holt	Harold Holt
Junior State	4:45pm – 6:30pm	6:00am – 7:15am 4:45pm – 6:15pm	4:45pm – 6:30pm	6:00am – 7:15am 4:45pm – 6:15pm	4:30pm – 6:00pm
Junior A	4:00pm – 5:00pm	4:45pm – 6:15pm	4:00pm – 5:00pm	4:45pm – 6:15pm	4:30pm – 6:00pm
Junior B1		4:00pm – 5:00pm		4:00pm – 5:00pm	4:30pm – 6:00pm
Junior B2	4:00pm – 5:00pm		4:00pm – 5:00pm		4:30pm – 6:00pm
Junior B3		6:30pm – 7:30pm		6:30pm – 7:30pm	4:30pm – 6:00pm
Junior B3	6:30pm – 7:30pm		6:30pm – 7:30pm		4:30pm – 6:00pm
Junior C1		4:00pm – 5:00pm		4:00pm – 5:00pm	
Junior C2	4:00pm – 5:00pm		4:00pm – 5:00pm		
Junior C3		6:30pm – 7:30pm		6:30pm – 7:30pm	
Junior C4	6:30pm – 7:30pm		6:30pm – 7:30pm		
Dolphins (New Squad Level) 7yrs – 9yrs	5:00pm – 5:45pm (Swimming)		5:00pm – 5:45pm (Swimming)		