

# MALVERN ACADEMY OF SWIMMING

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## SENIOR TRAINING

Squad	Monday	Tuesday	Wednesday	Thursday	Friday
National Target	4:45pm - 6:30pm	5:45am - 7:15am 4:45pm - 6:15pm	4:45pm - 6:30pm	5:45am - 7:15am 4:45pm - 6:15pm	4:30pm - 6:00pm
Senior A	4:45pm - 6:15pm	5:45am - 7:15am 4:45pm - 6:15pm	4:45pm - 6:15pm	5:45am - 7:15am 4:45pm - 6:15pm	4:30pm - 6:00pm
Senior B	4:45pm - 6:15pm	4:45pm - 6:15pm	4:45pm - 6:15pm	4:45pm - 6:15pm	4:30pm - 6:00pm
Senior C	4:45pm - 6:15pm		4:45pm - 6:15pm		4:30pm - 6:00pm

\* Senior C swimmers can swim any two of three sessions which are offered.

## JUNIOR TRAINING

Junior State	4:45pm - 6:15pm	5:45am - 7:15am 4:45pm - 6:15pm	4:45pm - 6:15pm	5:45am - 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		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 B4	4:00pm - 5:00pm		4:00pm - 5:00pm		4:30pm - 6:00pm
Junior C1		4:00pm - 5:00pm		4:00pm - 5:00pm	
Junior C2		6:30pm - 7:30pm		6:30pm - 7:30pm	
Junior C3	6:30pm - 7:30pm		6:30pm - 7:30pm		
Junior C4	4:00pm - 5:00pm		4:00pm - 5:00pm		

### Please Note

- 1) These times may vary from time to time due to Public Holidays, School holidays and various circumstances.
- 2) Junior State and National Target swimmers are able to swim on a Friday night when a swim meet takes place on the following Saturday.