

Churchie AQUATICS

Squad Training Schedule

from Monday 22 January.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am – 7:30am <i>State and National Squads **</i>	5:30am – 7:30am <i>State and National Squads</i>	5:30am – 7:30am <i>State and National Squads</i> <i>(until week 4 March)</i>	5:30am – 7:30am <i>State and National Squads</i>	5:30am – 7:30am <i>State and National Squads</i> 6:00am – 7:30am <i>Junior and Fitness Squad</i>	6:30am – 8:30am <i>State and National Squads</i> 8:30am - 9:45am Gym
3:30pm–4:30pm(5pm) <i>Junior Squad *</i>	3:30pm–4:30pm(5pm) <i>Junior Squad *</i>	3:30pm – 4:30pm(5pm) <i>Junior Squad *</i>	3:30pm–4:30pm(5pm) <i>Junior Squad *</i>		
4:30pm – 6:30pm <i>State and National Squads</i> 4.30pm - 5.30pm Fitness Squad	4:30pm – 6:30pm <i>State and National Squads</i>	4:00pm – 5.15pm <i>State and National Squads</i> 5:30pm - 6:30pm Gym 4.30pm - 5.30pm Fitness Squad	4:30pm – 6:30pm <i>State and National Squads</i>		

**Monday mornings will not commence til Monday 4 March.

* Junior squad is 60 minutes unless indicated by Coach.

Times are subject to change