

CLUB SQUAD TRAINING TIMETABLE - TERM 3, 2018

Day	National Development Squad : 6 of 8 swim sessions / week		Senior State Squad : 6 of 7 swim sessions / week		Junior State Squad : 5 of 6 swim sessions / week		Emerging Squad : 3 of 4 sessions / week		Development Squad : 2 of 3 sessions / week		Swim FIT Squad : 1 or 2 sessions / week	
	Time	Location	Time	Location	Time	Location	Time	Location	Time	Location	Time	Location
Mon	AM	6.00 - 7.30	CGGS	6.00 - 7.30	CGGS	6.00 - 7.30	CGGS					
	PM	5.00 - 6.30	CGGS	5.00 - 6.30	CGGS			4.00 - 5.00	CGGS			
	PM							5.15 - 5.45 (Caradoc) Dryland	CGGS Gymnasium			
Tue	AM	6.00 - 7.30	CGGS	6.00 - 7.30	CGGS							
	PM	5.00 - 6.00pm Gym : Compulsory	Kew Physio Health	5.00 - 6.00pm Gym : Compulsory	Kew Physio Health Clinic	5.00 - 6.30	CGGS			4.00 - 5.00	CGGS	5.00 - 6.00pm
Wed	AM					6.00 - 7.30	CGGS					
	PM	6.30 - 8.00	Boroondara SC	6.30 - 8.00	Boroondara SC	4.00 - 4.45 (Caradoc) Dryland TBC	CGGS Gymnasium TBC	5.00 - 6.30	CGGS	5.00 - 6.00	CGGS	
	PM					5.00 - 6.30	CGGS					
Thu	AM	6.00 - 7.30	CGGS	6.00 - 7.30	CGGS							
	PM	5.30 - 7.00	CGGS			4.00 - 5.30	CGGS					5.30 - 6.30pm
Fri	AM	6.00 - 7.30	CGGS									
	PM			4.30 - 6.00	CGGS	5.00 - 6.00pm Gym : Compulsory	Kew Physio Health	4.00 - 5.00	CGGS	5.00 - 6.00	CGGS	
Sat	AM	6.30 - 8.00	CGGS	6.30 - 8.00	CGGS	6.30 - 8.00	CGGS	8.00 - 9.30	CGGS			
	AM	9.00 - 10.00am Gym : Compulsory	Kew Physio Health	9.00 - 10.00am Gym : Optional	Kew Physio Health							