

CGGS AQUATIC : SQUAD TRAINING TIMETABLE - TERM 2, 2019															
Day	State Squad A : MINIMUM 5 of 7 swim sessions / week + Pool Dryland / Physiohealth & Boxing			State Squad B : MINIMUM 5 of 7 swim sessions / week + Pool Dryland / Pilates			State Target Squad : MINIMUM 4 of 6 swim sessions / week + Dryland			Emerging Squad A : MINIMUM 3 of 4 sessions / week + Dryland		Emerging Squad B : MINIMUM 3 of 4 sessions / week + Dryland		Development Squad : MINIMUM 2 of 3 sessions / week	
	Time	Location	Time	Location	Time	Location	Time	Location	Time	Location	Time	Location	Time	Location	
Mon	AM	5.30 - 7.00	CGGS - Peter / James	5.30 - 7.00	CGGS - Peter										
	PM							5.00 - 6.30	CGGS - Peter	4.00 - 5.00	CGGS - Peter	4.00 - 5.00	CGGS - Caradoc	4.00 - 5.00	CGGS - James
Tue	AM	6.00 - 7.30	CGGS - Peter / James	6.00 - 7.30	CGGS - Peter										
	PM	5.00 - 7.00	CGGS - Peter	5.00 - 6.30	CGGS - Peter					5.15 - 5.45 Dryland (Compulsory)	CGGS - Caradoc	5.15 - 5.45 Dryland (Compulsory)	CGGS - Caradoc		
Wed	AM							6.00 - 7.30	CGGS - James						
	PM							4.00 - 4.45 Dryland (Compulsory)	CGGS - Caradoc						
Thu	AM	6.30 - 8.00	CGGS - Peter	6.30 - 8.00	CGGS - Peter			5.00 - 6.30	CGGS - Peter	5.00 - 6.30	CGGS - Peter	5.00 - 6.30	CGGS - Caradoc		
	PM	6.00 - 7.30	CGGS - Peter / James	6.00 - 7.30	CGGS - Peter			4.00 - 5.30	CGGS - Peter					4.00 - 5.00	CGGS - James
Fri	AM														
	PM	4.30 - 5.30pm Gym - weight training (Compulsory)	Kew Physio Health												
Sat	AM	6.30 - 8.00	CGGS - Peter	6.30 - 8.00	CGGS - Peter	6.30 - 8.00	CGGS - James	5.00 - 6.30	CGGS - Caradoc	5.00 - 6.30	CGGS - James	4.00 - 5.00	CGGS - Caradoc		
	AM	6.30 - 8.30	CGGS - Peter	6.30 - 8.00	CGGS - Peter	6.30 - 8.00	CGGS - James	8.00 - 9.30	CGGS - Caradoc	8.00 - 9.30	CGGS - Caradoc				
				9.00 - 10.00 Pilates : (Compulsory)	Kew Physio Health										

NOTE: THE COST OF GYM SESSIONS AT PHYSIOHEALTH, OR BOXING, IS OVER AND ABOVE THE SQUAD TRAINING FEES. FAMILIES ATTENDING EITHER OF THESE SESSIONS WILL MAKE PAYMENT DIRECTLY TO THE RELEVANT SERVICE PROVIDER.