



Des Renford Leisure Centre

SQUAD SUMMER TIMETABLE 2019

Reminder - Squad Fees are due from the 10th of each month

GOLD SQUAD

	AM	PM
Monday	4:50 – 6:45	4:30 – 7:00
Tuesday	XXX	4:00 – 6:30
Wednesday	4:55 – 7:15	XXX
Thursday	XXX	4:00 – 6:45
Friday	4:55 – 7:00	4:30 – 6:30
Saturday	6:45 – 10:15	XXX

* Select swimmers only

SILVER SQUAD

	AM	PM
Monday	XXX	4:30 – 7:00
Tuesday	4:55 – 7:00*	4:30 – 6:45
Thursday	4:55 – 6:45	4:30 – 7:00
Friday	4:55 – 7:00*	XXX
Saturday	5:30 – 8.20	XXX

* Swimmers new to Silver Squad will NOT attend these practices until they are directed to by the coach. These practices are available to select swimmers only

SURF & OPEN WATER SQUAD - SOWS

Entry to this Squad is based on training capacity and commitment level.

See Squad coach for details.

	AM
Monday	5:00-6:30
Tuesday	5:00-6:30
Wednesday	5:00-6:30
Friday	5:00-6:30
Saturday	5:30-7:00

COMP 1

All Sessions

	AM		PM
Monday	5:30 – 7:20		XXX
Tuesday	XXX		4:15 – 6.00
Thursday	5.30 – 7.30	OR	4:00 – 6.00
Saturday	5.45 – 8.30		XXX

COMP 2

All Sessions

	AM		PM
		<u>GREEN</u>	
Monday	XXX		4:15 – 6:00
Wednesday	XXX		4:00 – 5:45*
Friday	6:00 – 7:45		XXX
Saturday	6:00 – 8:00*		XXX
		<u>ORANGE</u>	
Tuesday	6:00 – 7.45		XXX
Wednesday	XXX		4:00 – 5:45*
Thursday	XXX		4:15 – 6.00
Saturday	6:00 – 8.00*		XXX

* Combined Green and Orange

Junior Eagle - Pick BLUE or RED

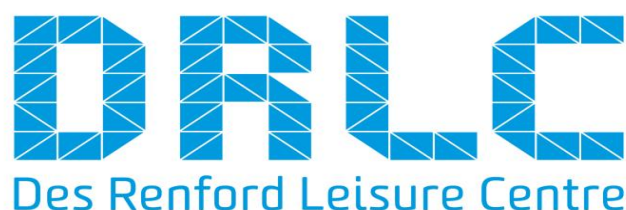
(min 3 sessions per week)

	AM		PM
		<u>RED</u>	
Monday	6:20 – 7:45*	OR	4:00 – 5:30*
Wednesday	XXX		4:00 – 5:30
Friday	XXX		4:00 – 5:45*
Saturday	6:00 – 7:45**		XXX
		<u>BLUE</u>	
Tuesday	6:20 – 7:45*	OR	4:00 – 5:30*
Thursday	6:20 – 7:45		XXX
Friday	XXX		4:00 – 5:45*
Saturday	6:00 – 7:45**		XXX

-*RED swimmers choose 1 session on Monday / *BLUE swimmers choose 1 session on Tuesday

-**Jr Eagle swimmers will be encouraged to train Mon-Fri until they are ready to add a 4th session on Saturdays. Saturday session **MUST** be authorized by the coach.

- Junior Eagle Swimmers must attend a minimum of 3 sessions per week



NON-COMPETITIVE SQUAD SUMMER TIMETABLE 2019

Bronze & Advanced Bronze

Bronze – Slightly higher than JD towards mid level Comp 2

Bronze Advanced – between higher level of Comp 2 and Silver

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Bronze		Maximum 3 sessions per week
	AM	PM
Monday	6:45 – 8:00	6:15 – 7:30
Tuesday	6:30 – 7:45	6:00 – 7:15
Wednesday	5:30 – 6:45* OR 6:30 – 7:45	5:15 – 6:30
Thursday	6:30 – 7:45	6:00 – 7:15
Friday	6:45 – 8:00	5:00 – 6:15

Adv Bronze		Maximum 3 sessions per week
	AM	PM
Monday	XXX	6:00 – 7:15
Tuesday	XXX	6:45 – 8:00
Wednesday	5:30 – 6:45*	6:30 – 7:45
Thursday	XXX	6:45 – 8:00
Friday	XXX	5:15 – 6:30

* Combined Bronze and Advanced Bronze

JUNIOR DEVELOPMENT SQUAD

JD	1st session Mon-Fri	
	AM	PM
Monday	7:00 – 8:00	3:45 – 4:45 OR 5:15 – 6:15
Tuesday	7:00 – 8:00	4:00 – 5:00
Wednesday	XXX	5:15 – 6:15
Thursday	XXX	6:00 – 7:00
Friday	XXX	4:00 – 5:00

JD FIT – 2nd Session		
	AM	PM
Monday	XXX	4:00 – 5:00
Wednesday	6:45 – 7:45	4:00 – 5:00
Friday	6:45 – 7:45	
Saturday	8:00 – 9:00	

