



Des Renford Leisure Centre

**Squad Summer Time Table commencing 15/10/2018**

**GOLD SQUAD**

	<b>AM</b>	<b>PM</b>
<b>Monday</b>	4:50 – 7:00	4:45 – 7:15
<b>Tuesday</b>	XXX	4:00 – 6:30
<b>Wednesday</b>	4:55 – 7:00	4:30 – 6:00
<b>Thursday</b>	XXX	4:30 – 7:15
<b>Friday</b>	XXX	4:30 – 6:45
<b>Saturday</b>	6:40 – 10:15	XXX

**SILVER SQUAD**

	<b>AM</b>	<b>PM</b>
<b>Monday</b>	4:50 – 7:00	XXX
<b>Tuesday</b>	XXX	4:30 – 7:15
<b>Wednesday</b>	XXX	4:40 – 7:15
<b>Thursday</b>	XXX	XXX
<b>Friday</b>	4:55 – 7:00	XXX
<b>Saturday</b>	5:30 – 8:30	XXX

**SURF & OPEN WATER SQUAD - SOWS**

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

See Sq. coach for details.

	<b>AM</b>
<b>Monday</b>	5:00-6:30
<b>Tuesday</b>	5:00-6:30
<b>Wednesday</b>	5:00-6:30
<b>Friday</b>	5:00-6:30
<b>Saturday</b>	5:30-7:00

# COMPETITIVE SQUADS

## COMP 1

All Sessions

	AM	PM
Monday	5:30 – 7:30	XXX
Tuesday	XXX	4:15 – 6:00
Wednesday	XXX	XXX
Thursday	XXX	4:30 – 6:30
Friday	XXX	XXX
Saturday	6:00 – 8:00	XXX

## COMP 2

All Sessions

	AM	PM
Monday	XXX	4:15 – 6:00
Tuesday	XXX	XXX
Wednesday	6:00 – 7:45	XXX
Thursday	XXX	4:15 – 6:00
Friday	XXX	XXX
Saturday	6:00 – 8:00	XXX

## 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*
Tuesday	XXX		XXX
Wednesday	XXX		4:00 – 5:30
Thursday	XXX		XXX
Friday	XXX		4:00 – 5:45
Saturday	6:00 – 7:45**		XXX
		<u>BLUE</u>	
Monday	XXX		XXX
Tuesday	6:20 – 7:45*	OR	4:00 – 5:30*
Wednesday	XXX		XXX
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 4<sup>th</sup> session on Saturdays. Saturday session must be authorized by the coach.

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

## Junior Dolphin\* 1 sessions per week

	PM	
Tuesday	3:45 – 4:45	6 – 7 yr olds only
Thursday	3:45 – 4:45	6 – 7 yr olds only
Saturday	8:00 – 9:00	8 yr olds & select 9 yr olds

\*As a 2<sup>nd</sup> lesson for children already enrolled in Barracuda, Shark or Mini Squad and must join a NSW affiliated Swim Club

## Non-Competitive SQUADS Bronze & Advanced Bronze

Bronze = JD swimmers older than 10 and previous Bronze swimmers

Bronze Advanced = higher level of training than Bronze (between Comp 2 – Silver level)

Bronze	AM	PM
		Maximum 3 sessions per week
Monday	6:30 – 7:45	6:00 – 7:15
Tuesday	6:30 – 7:45	6:30 – 8:00
Wednesday	6:30 – 7:45	5:30 – 6:45
Thursday	6:30 – 7:45	4:00 – 5:15
Friday	6:30 – 7:45	4:00 – 5:15

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

## JUNIOR DEVELOPMENT SQUAD

JD	AM	PM
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1<sup>st</sup> session from these days/times ONLY

Monday	7:00 – 8:00	4:00 – 5:00 or 5:15 – 6:15
Tuesday	7:00 – 8:00	4:00 – 5:00
Wednesday	7:00 – 8:00	4:00 – 5:00
Thursday	7:00 – 8:00	4:00 – 5:00
Friday	6:45 – 7:45	4:00 – 5:00

2<sup>nd</sup> session from these days/times ONLY

Monday	XXX	4:00 – 5:00
Thursday	7:00 – 8:00	XXX
Saturday	8:00 – 9:00	XXX

## **CHAD'S FITNESS SQUAD**

	<b>AM</b>	<b>PM</b>
<b>Monday</b>	XXX	7:15 – 8:45
<b>Tuesday</b>	5:15 – 6:30	7:15 – 8:45
<b>Wednesday</b>	XXX	7:15 – 8:45
<b>Thursday</b>	5:15 – 6:30	7:15 – 8:45