



Des Renford Leisure Centre

## SQUAD WINTER TIMETABLE 2019

Reminder - Squad Fees are due from the 10<sup>th</sup> of each month

### GOLD SQUAD

	AM	PM
<b>Monday</b>	4:50 – 6:45	5:00 – 7:30
<b>Tuesday</b>	XXX	4:15 – 6:45
<b>Wednesday</b>	XXX	4:30 – 7:30
<b>Thursday</b>	4:55 – 6.45*	4:00 – 6:30
<b>Friday</b>	4:55 – 7:15	4:30 – 6:45
<b>Saturday</b>	7:30 – 10:45	XXX

\* Select swimmers only

### SILVER SQUAD

	AM	PM
<b>Monday</b>	XXX	4:40 – 7:00
<b>Tuesday</b>	4:55 – 6.45*	4:30 – 6:45
<b>Thursday</b>	4:55 – 6:45	4:15 – 6:30
<b>Friday</b>	4:55 – 7:00*	XXX
<b>Saturday</b>	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
<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

## COMP 1

All Sessions

	AM		PM
Monday	5:30 – 7:20		XXX
Tuesday	XXX		4:15 – 6.00
Thursday	5.30 – 7.30	OR	4:15 – 6.15
Saturday	5.45 – 8.30		XXX

## COMP 2

All Sessions

	AM		PM
Monday	XXX	<u>GREEN</u>	4:15 – 6:00
Wednesday	6:00 – 7:45		XXX
Thursday	XXX		4:15 – 6:00*
Saturday	6:00 – 8:00*		XXX

		<u>ORANGE</u>	
Tuesday	6:00 – 7.45		XXX
Wednesday	XXX		4:15 – 6.00
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
Monday	6:20 – 7:45*	<u>RED</u>	4:00 – 5:30*
Wednesday	XXX	OR	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 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



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## NON-COMPETITIVE SQUAD WINTER TIMETABLE 2019

### 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)

<b>Bronze</b>		<b>Maximum 3 sessions per week</b>	
	<b>AM</b>	<b>PM</b>	
<b>Monday</b>	6:30 – 7:45	4:00 – 5:15	<b>OR</b> 6:00 – 7:15
<b>Tuesday</b>	6:30 – 7:45	4:00 – 5:15	<b>OR</b> 6:00 – 7:15
<b>Wednesday</b>	6:30 – 7:45	5:00 – 6:15	
<b>Thursday</b>	6:30 – 7:45	6:15 – 7:30	
<b>Friday</b>	6:30 – 7:45	5:15 – 6:30	

<b>Adv Bronze</b>		<b>Maximum 3 sessions per week</b>	
	<b>AM</b>	<b>PM</b>	
<b>Monday</b>	XXX	7:10 – 8:40	
<b>Tuesday</b>	XXX	6:45 – 8:00	
<b>Wednesday</b>	XXX	6:00 – 7:15	
<b>Thursday</b>	XXX	6:30 – 7:45	
<b>Friday</b>	XXX	5:15 – 6:30	

## JUNIOR DEVELOPMENT SQUAD

<b>JD</b>		<b>1st session Mon-Fri</b>	
	<b>AM</b>	<b>PM</b>	
<b>Monday</b>	7:00 – 8:00	4:00 – 5:00	<b>OR</b> 5:00 - 6:00
<b>Tuesday</b>	7:00 – 8:00	4:00 – 5:00	
<b>Wednesday</b>	7:00 – 8:00	4:00 – 5:00	
<b>Thursday</b>	XXX	6:00 – 7:00	
<b>Friday</b>	XXX	4:00 – 5:00	

<b>JD FIT – 2<sup>nd</sup> Session</b>		
	<b>AM</b>	<b>PM</b>
<b>Monday</b>	6:45 – 7:45	4:00 – 5:00
<b>Wednesday</b>	6:45 – 7:45	XXX
<b>Friday</b>	6:45 - 7:45	
<b>Saturday</b>	8.15 – 9.15	

