



**Youth Squads
(Current 11 April 2022)**

Squad	Lanes	Period	Mon	Tues	Wed	Thurs	Fri	Sat
Swim Fit Adult Squad	4	AM		5.30am-6.30am		5.30am-6.30am		6.00am-7.00am
GOLD / National	1,2,3	AM	5.30am-7.30am Gym/Dryland 6.30am-7.30am	5.30am-7.30am		5.30am-7.30am	5.30am-7.30am	6.00am-8.00am
GOLD / State Squad	1,2, 3	AM	5.30am-7.30am Gym/Dryland 6.30am-7.30am	5.30am-7.30am		5.30am-7.30am	5.30am-7.30am	6.00am-8.00am
SILVER - Intermediate	1,2, 3	AM	5.30am-7.00am				5.30am-7.00am	7.00am-8.00am
BRONZE - Development	1,2, 3	AM		6.30am-7.15am		6.30am-7.15am		7.00am-8.00am
BRONZE - Development	1,2,3,4	PM	3.30pm-4.15pm	3.30pm-4.15pm	3.30pm-4.15pm	3.30pm-4.15pm	3.30pm-4.15pm	
SILVER - Intermediate	1,2,3,4	PM	4.15pm-5.45pm	4.15pm-5.45pm	4.15pm-5.45pm	4.15pm-5.45pm	4.15pm-5.45pm	
GOLD - State	1,2,3,4	PM	4.15pm-6.15pm	4.15pm-6.15pm	4.15pm-6.15pm	4.15pm-6.15pm	4.15pm-6.15pm Gym/Dryland 4.15pm-5.15pm	
GOLD - National	1,2,3,4	PM	4.15pm-6.15pm	4.15pm-6.15pm	4.15pm-6.15pm	4.15pm-6.15pm	4.15pm-6.15pm Gym/Dryland 4.15pm-5.15pm	