

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Elite	AM	6:00-8:00 (LC) Bar End	6:00-7:30 (SC) Bar End	6:00-8:00 (LC) Bar End		6:00-7:30 (SC) Bar End	7:00-9:00 (SC) Bar End	
	PM	17:00-19:00 (SC) Bar End	16:30-18:30 (SC) Bar End		16:30-18:30 (SC) Bar End	17:45-19:45 (SC) Bar End		
	S&C		Opt 1: 15:15-16:15 Opt 2: 18:45-19:45		Opt 1: 15:15-16:15 Opt 2: 18:45-19:45		9:15-10:15	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sprint	AM	6:00-8:00 (LC) Bar End		6:00-8:00 (LC) Bar End			7:00-9:00 (SC) Bar End	
	PM	18:00-19:30 (SC) Bar End	16:30-18:30 (SC) Bar End		16:30-18:30 (SC) Bar End	17:00-18:30 (SC) Bar End		
	S&C		15:15-16:15		15:15-16:15		9:15-10:15	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Performance	AM	6:00-8:00 (LC) Bar End		6:00-8:00 (LC) Bar End		6:00-7:30 (SC) Bar End	7:00-9:00 (SC) Bar End	
	PM	17:00-18:30 (SC) Bar End	16:30-18:00 (SC) Bar End		16:30-18:30 (SC) Bar End	17:00-18:30 (SC) Bar End		
	S&C		18:15-19:15		18:45-19:45		Opt 1: 9:15-10:00 (LT) Opt 2: 9:15-10:15 (Gym)	

*Middle Distance Swimmers to attend Tuesday AM with Elite instead of Tuesday PM (Swimmers to be approved by the Head Performance Coach)

**Sprinters: Friday AM Optional

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Intermediate Performance	AM	6:00-7:30 (LC) Bar End		6:00-8:00 (LC) Bar End		6:00-7:30 (SC) Bar End	7:00-8:30 (SC) Bar End	
	PM	18:30-20:00 (SC) Bar End			17:00-19:00 (SC) Oaklands	18:30-20:00 (SC) Bar End		18:30-20:00 (SC) Bar End
	Land	17:00-18:00 (Squash Courts)					9:00-9:45 (Squash Courts)	

*Sprinters: Monday AM Optional

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Junior Performance	AM	6:00-8:00 (LC) Bar End				6:00-7:30 (SC) Bar End	7:00-9:00 (SC) Oaklands	
	PM		17:00-19:00 (SC) Oaklands	19:00-20:00 (SC) Bar End				18:30-20:00 (SC) Bar End
	Land							17:00-18:00 (Squash Courts)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Regional Development	AM			6:00-8:00 (LC) Bar End	6:00-7:30 (SC) Bar End			7:00-8:30 (SC) Bar End
	PM	18:30-20:00 (SC) Bar End			19:30-21:00 (SC) Bar End	16:30-18:00 (SC) Oaklands		18:30-20:00 (SC) Bar End
	Land				18:00-19:00 (Squash Courts)			

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
County Development	AM				6:00-7:30 (SC) Bar End			7:00-8:30 (SC) Bar End
	PM	17:00-18:30 (SC) Oaklands	19:30-21:00 (SC) Bar End	19:00-20:00 (SC) Bar End	19:30-21:00 (SC) Bar End			16:45-18:15 (SC) Oaklands
	Land				18:00-19:00 (Squash Courts)			

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Junior Development	AM		6:00-7:30 (SC) Bar End				7:00-9:00 (SC) Oaklands	
	PM			19:00-20:00 (SC) Bar End				17:30-18:30 (SC) Bar End

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Platinum Penguins	AM							
	PM		19:30-21:00 (SC) Bar End	19:00-20:00 (SC) Bar End	19:30-21:00 (SC) Bar End	19:00-21:00 (SC) Bar End		16:45-18:15 (SC) Oaklands

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gold Penguins	AM							
	PM			19:30-20:30 (SC) Kings School	18:30-19:30 (SC) Bar End		17:00-18:00 (SC) Oaklands	16:30-17:30 (SC) Bar End

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Silver Penguins	AM							
	PM			18:30-19:30 (SC) Kings School			16:00-17:00 (SC) Oaklands	17:30-18:30 (SC) Bar End

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bronze Penguins	AM							
	PM		18:30-19:30 (SC) Bar End				15:00-16:00 (SC) Oaklands	16:30-17:30 (SC) Bar End

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Junior Fitness	AM							
	PM	20:00-21:00 (SC) Bar End		20:00-21:00 (SC) Bar End				20:00-21:00 (SC) Bar End

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Intermediate Fitness	AM						7:15-8:15 (SC) Kings School	
	PM		19:45-20:45 (SC) Kings School					20:00-21:00 (SC) Bar End

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Fitness	AM							
	PM			19:00-20:00 (SC) Bar End			18:30-19:30 (SC) Kings School	18:00-19:00 (SC) Kings School

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Masters	AM		6:00-7:30 (SC) Bar End		6:00-7:30 (SC) Bar End			7:00-8:30 (SC) Bar End
	PM	19:30-21:00 (SC) Bar End	19:30-21:00 (SC) Bar End	20:00-21:00 (SC) Bar End		20:00-21:00 (SC) Bar End		

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Returning Students <i>(Elite & Perf)</i>	AM	6:00-8:00 (LC) Bar End		6:00-8:00 (LC) Bar End		6:00-7:30 (SC) Bar End	7:00-9:00 (SC) Bar End	
	PM		19:30-21:00 (SC) Bar End [Grp 1]			19:30-21:00 (SC) Bar End [Grp 2]		

*Swimmers will be allocated a group by the Head Performance Coach