

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Elite	AM	06:00-08:00 (LC) Bar End	06:00-08:00 (LC) Bar End	06:00-08:00 (LC) Bar End		06:00-08:00 (LC) Bar End	07:00-08:30 (LC) Bar End	
	PM	17:00-19:00 (SC) Bar End	16:30-18:30 (SC) Bar End		16:30-18:30 (SC) Bar End	18:00-20:00 (SC) Bar End		
	Land		15:15-16:15 (S&C)		15:15-16:15 (S&C)		09:00-10:00 (S&C)	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Elite Sprint	AM	06:30-08:00 (LC) Bar End		06:30-08:00 (LC) Bar End		07:00-08:00 (LC) Bar End	07:00-08:30 (LC) Bar End	
	PM	18:15-19:45 (SC) Bar End	16:30-18:30 (SC) Bar End		16:30-18:30 (SC) Bar End	17:00-18:30 (SC) Bar End		
	Land		15:15-16:15 (S&C)	Own Time/Before 3pm (S&C)	15:15-16:15 (S&C)		09:00-10:00 (S&C)	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Performance	AM	06:00-07:30 (LC) Bar End	06:00-08:00 (LC) Bar End*	06:00-07:30 (LC) Bar End	07:00-08:00 (LC) Bar End**	06:00-07:30 (LC) Bar End	07:00-08:30 (LC) Bar End	
	PM	17:00-19:00 (SC) Bar End	16:30-18:30 (SC) Bar End*		16:30-18:30 (SC) Bar End	17:00-18:30 (SC) Bar End		
	Land		18:30-19:30 (S&C)		19:00-20:00 (S&C)		9:00-10:00 (Squash Courts)	

*Middle Distance: AM, Sprint: PM

**Thurs AM Top Up for Distance Swimmers

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Intermediate Performance	AM	06:00-07:30 (LC) Bar End	06:00-07:30 (LC) Bar End	06:00-07:30 (LC) Bar End		06:00-07:30 (LC) Bar End		
	PM	19:00-21:00 (SC) Bar End			17:00-19:00 (SC) Oaklands	18:30-20:00 (SC) Bar End		18:30-20:00 (SC) Bar End
	Land	18:00-19:00 (Squash Courts)						17:00-18:00 (Squash Courts)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Junior Performance	AM				06:00-07:30 (LC) Bar End		07:30-09:00 (SC) Oaklands	07:00-08:30 (LC) Bar End
	PM		17:00-19:00 (SC) Oaklands	19:00-20:00 (SC) Bar End		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		06:00-07:30 (LC) Bar End				06:00-07:30 (SC) Oaklands	07:00-08:30 (LC) Bar End
	PM	19:00-21:00 (SC) Bar End	20:00-21:00 (LC) Bar End		20:00-21:00 (LC) Bar End	16:30-18:00 (SC) Oaklands		18:30-20:00 (SC) Bar End
	Land	18:00-19:00 (Squash Courts)			19:00-20:00 (Squash Courts)			

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
County Development	AM				06:00-07:30 (LC) Bar End		06:00-07:30 (SC) Oaklands	
	PM	17:00-18:30 (SC) Oaklands	20:00-21:00 (LC) Bar End	19:00-20:00 (SC) Bar End		20:00-21:00 (SC) Bar End		16:45-18:15 (SC) Oaklands
	Land					19:00-20:00 (Squash Courts)		

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Junior Development	AM		05:30-07:00 (SC) Oaklands		06:00-07:30 (LC) Bar End		07:30-09:00 (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		05:30-07:00 (SC) Oaklands					
	PM			19:00-20:00 (SC) Bar End	20:00-21:00 (LC) Bar End	20:00-21:00 (SC) Bar End		16:45-18:15 (SC) Oaklands
	Land					19:00-20:00 (Squash Courts)		

		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		18:00-19:00 (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			17:00-18:00 (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				16:00-17:00 (SC) Oaklands	16:30-17:30 (SC) Bar End

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Masters	AM		06:00-07:30 (LC) Bar End (1L)		06:00-08:00 (LC) Bar End (2L)	06:00-07:00 (LC) Bar End (1L)		07:00-08:30 (LC) Bar End (1L)
	PM	19:45-21:00 (SC) Bar End (2L)		20:00-21:00 (SC) Bar End (4L)		20:00-21:00 (SC) Bar End (3L)		

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Junior 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
Intermediate Fitness	AM						07:15-08:15 (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	20:00-21:00 (SC) Bar End		20:00-21:00 (SC) Bar End				20:00-21:00 (SC) Bar End