

Term 1

Squad	Time	Mon	Tue	Wed	Thu	Fri	Sat
-------	------	-----	-----	-----	-----	-----	-----

Competitive Pathway

Legacy	AM	Swim 5.30am – 7.30am	S&C 5.00am – 6.00am Swim 6.00am – 7.30am	–	S&C 5.00am – 6.00am Swim 6.00am – 7.30am	Swim 5.30am – 7.30am	Swim 6.00am – 8.00am S&C 8.00am – 9.30am
	PM	Swim 5.00pm – 7.00pm	Swim 4.30pm – 6.30pm	Swim 5.00pm – 7.00pm	Swim 5.00pm – 7.00pm	Swim 4.30pm – 6.30pm	–
Rise	AM	–	S&C 5.00am – 6.00am Swim 6.00am – 7.30am	–	S&C 5.00am – 6.00am Swim 6.00am – 7.30am	Swim 4.30pm – 6.30pm	Swim 6.00am – 8.00am S&C 8.00am – 9.30am
	PM	Swim 5.00pm – 7.00pm	Swim 4.30pm – 6.30pm	Swim 5.00pm – 7.00pm	Swim 5.00pm – 7.00pm	–	–
Forge	AM	–	–	Swim 5.30am – 7.00am	Dryland 5:15-5:45am, Swim 5:45am – 7.15am	–	S&C 6.00am – 7.00am Swim 7.00am – 8.30am
	PM	Swim 5.00pm – 6.30pm	Dryland 4.45pm – 5:15pm Swim 5:15pm – 6.45pm	–	–	Swim 5.00pm – 6.30pm	–
Base	AM	Swim 6.30am – 7.30am	–	Swim 6.30am – 7.30am	–	Swim 6.30am – 7.30am	–
	PM	–	–	–	Dryland 4.00pm – 4.30pm Swim 4.30pm – 5.30pm	–	–

Swim Fit Pathway

Endure (18+)	AM	Swim 5.30am – 6.30am	–	–	Swim 5.30am – 6.30am	–	Swim 6.00am – 7.00am
	PM	–	Swim 6.00pm – 7.00pm	–	–	–	–
Propel (Year 10+)	AM	Swim 6.30am – 7.30am	–	–	Swim 6.30am – 7.30am	–	Swim 7.00am – 8.00am
	PM	–	–	–	–	–	–
Stride (Year 9 or under)	AM	–	–	–	Swim 6.30am – 7.30am	–	–
	PM	–	Swim 4-5pm	–	–	–	Swim 1.50pm – 2.50pm

*Times and activities subject to change due to scheduling considerations, weather/water conditions, etc.

Term 2 and 3

Squad	Time	Mon	Tue	Wed	Thu	Fri	Sat
-------	------	-----	-----	-----	-----	-----	-----

Competitive Pathway

Legacy	AM	Swim 5.30am – 7.30am	S&C 5.00am – 6.00am Swim 6.00am – 7.30am	Swim 5.30am – 7.30am	S&C 5.00am – 6.00am Swim 6.00am – 7.30am	Swim 5.30am – 7.30am	Swim 6.00am – 8.00am S&C 8.00am – 9.30am
	PM	Swim 4.30pm – 6.30pm	Swim 4.30pm – 6.30pm	-	Swim 4.30pm – 6.30pm	Swim 4.30pm – 6.30pm	-
Rise	AM	-	S&C 5.00am – 6.00am Swim 6.00am – 7.30am	Swim 5.30am – 7.30am	S&C 5.00am – 6.00am Swim 6.00am – 7.30am	Swim 4.30pm – 6.30pm	Swim 6.00am – 8.00am S&C 8.00am – 9.30am
	PM	Swim 4.30pm – 6.30pm	Swim 4.30pm – 6.30pm	-	Swim 4.30pm – 6.30pm	-	-
Forge	AM	-	-	Swim 5.30am – 7.00am	Dryland 5:15-5:45am, Swim 5:45am – 7.15am	-	S&C 6.00am – 7.00am Swim 7.00am – 8.30am
	PM	Swim 5:00pm – 6.30pm	Dryland 4.45pm – 5:15pm Swim 5:15pm – 6.45pm	-	-	Swim 5:00pm – 6.30pm	-
Base	AM	Swim 6.30am – 7.30am	-	Swim 6.30am – 7.30am	-	Swim 6.30am – 7.30am	-
	PM	-	-	-	Dryland 4.00pm – 4.30pm Swim 4.30pm – 5.30pm	-	-

Swim Fit Pathway

Endure (18+)	AM	Swim 5.30am – 6.30am	-	-	Swim 5.30am – 6.30am	-	Swim 6:00am – 7:00am
	PM	-	Swim 6.00pm – 7.00pm	-	-	-	-
Propel (Year 10+)	AM	Swim 6.30am – 7.30am	-	-	Swim 6.30am – 7.30am	-	Swim 7:00am – 8:00am
	PM	-	-	-	-	-	-
Stride (Year 9 or under)	AM	-	-	-	Swim 6.30am – 7.30am	-	-
	PM	-	Swim 4-5pm	-	-	-	Swim 1.50pm – 2.50pm

*Times and activities subject to change due to scheduling considerations, weather/water conditions, etc.

Term 4

Squad	Time	Mon	Tue	Wed	Thu	Fri	Sat
-------	------	-----	-----	-----	-----	-----	-----

Competitive Pathway

Legacy	AM	Swim 5.30am – 7.30am	S&C 5.00am – 6.00am Swim 6.00am – 7.30am	–	S&C 5.00am – 6.00am Swim 6.00am – 7.30am	Swim 5.30am – 7.30am	Swim 6.00am – 8.00am S&C 8.00am – 9.30am
	PM	Swim 5.00pm – 7.00pm	Swim 4.30pm – 6.30pm	Swim 5.00pm – 7.00pm	Swim 5.00pm – 7.00pm	Swim 4.30pm – 6.30pm	–
Rise	AM	–	S&C 5.00am – 6.00am Swim 6.00am – 7.30am	–	S&C 5.00am – 6.00am Swim 6.00am – 7.30am	Swim 4.30pm – 6.30pm	Swim 6.00am – 8.00am S&C 8.00am – 9.30am
	PM	Swim 5.00pm – 7.00pm	Swim 4.30pm – 6.30pm	Swim 5.00pm – 7.00pm	Swim 5.00pm – 7.00pm	Swim 4.30pm – 6.30pm	–
Forge	AM	–	–	Swim 5.30am – 7.00am	Dryland 5:15-5:45am, Swim 5:45am – 7.15am	–	S&C 6.00am – 7.00am Swim 7.00am – 8.30am
	PM	Swim 5.00pm – 6.30pm	Dryland 4.45pm – 5:15pm Swim 5:15pm – 6.45pm	–	–	Swim 5.00pm – 6.30pm	–
Base	AM	Swim 6.30am – 7.30am	–	Swim 6.30am – 7.30am	–	Swim 6.30am – 7.30am	–
	PM	–	–	–	Dryland 4.00pm – 4.30pm Swim 4.30pm – 5.30pm	–	–

Swim Fit Pathway

Endure (18+)	AM	Swim 5.30am – 6.30am	–	–	Swim 5.30am – 6.30am	–	Swim 6.00am – 7.00am
	PM	–	Swim 6.00pm – 7.00pm	–	–	–	–
Propel (Year 10+)	AM	Swim 6.30am – 7.30am	–	–	Swim 6.30am – 7.30am	–	Swim 7.00am – 8.00am
	PM	–	–	–	–	–	–
Stride (Year 9 or under)	AM	–	–	–	Swim 6.30am – 7.30am	–	–
	PM	–	Swim 4-5pm	–	–	–	Swim 1.50pm – 2.50pm

*Times and activities subject to change due to scheduling considerations, weather/water conditions, etc.