

Term 2 + 3

Squad	Time	Mon	Tue	Wed	Thu	Fri	Sat
Competitive Pathway							
Legacy	AM	Swim 5.00am – 7.00am	–	Swim 5.00am – 7.00am	–	Swim 5.00am – 7.00am	S&C 6.30am – 7.45am Swim 8.00am – 10.00am
	PM	Swim 4.30pm – 6.30pm	Strength 4.00pm – 5.30pm Swim 5.45pm – 7.15pm	Swim 5.00pm – 7.00pm	Strength 4.00pm – 5.30pm Swim 5.45pm – 7.15pm	Swim 4.30pm – 6.30pm	–
Rise	AM	Swim 5.00am – 7.00am	–	–	–	–	Swim 6.00 – 8.00am Strength 8.15 – 9.15am
	PM	–	Strength 4.30pm – 5.30pm Swim 5.45pm – 7.15pm	Swim 5.30pm – 7.30pm	Swim 5.00pm – 7.00pm	Swim 4.30pm – 6.30pm	–
Forge	AM	–	–	Swim 5.30am – 7.00am	–	Swim 5.30am – 7.00am	Swim 6:00 – 8.00am Strength 8.15 – 9.15am
	PM	Swim 5.30pm – 7.00pm	Strength 5.00pm – 6.00pm	–	–	–	–
Foundations	AM	Swim 6.00am – 7.00am	–	Swim 6.00am – 7.00am	–	Swim 6.00am – 7.00am	Strength 7.00am – 8.00am
	PM	–	Swim 4.30pm – 5.30pm	–	–	–	–
Swim Fit Pathway							
Adults	AM	Swim 5.00am – 6.00am	–	Swim 5.00am – 6.00am	–	Swim 5.00am – 6.00am	–
	PM	–	–	–	–	–	–
Swim Fit – High School	AM	–	–	–	–	–	–
	PM	Swim 4.30pm – 5.30pm	Swim 4.30pm – 5.30pm	Swim 4.30pm – 5.30pm	Swim 4.30pm – 5.30pm	–	–

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