HALE AQUATICS

Term 4 + 1

Squad	Time	Mon	Tue	Wed	Thu	Fri	Sat
Competitive Pathway							
Legacy	AM	Strength 5.00am – 6.00am Swim 6.15am – 7.45am	–	Strength 5.00am – 6.00am Swim 6.15am – 7.45am	–	Strength 5.00am – 6.00am Swim 6.15am – 7.45am	Swim 6.00am – 8.00am
	PM	Swim 5.00pm – 7.00pm	Swim 5.00pm – 7.00pm	Swim 5.00pm – 7.00pm	Swim 5.00pm – 7.00pm	Swim 4.30pm – 6.30pm	–
Rise	AM	–	–	–	Swim 5.30am – 7.30am	Strength 5.00am – 6.00am Swim 6.15am – 7.45am	Swim 6.00am – 8.00am
	PM	Swim 5.00pm – 7.00pm	Swim 4.30pm – 6.00pm Strength 6.00pm – 7.00pm	Swim 5.00pm – 7.00pm	–	Swim 4.30pm – 6.30pm	–
Forge	AM	Swim 5.30am – 7.30am	–	Swim 5.30am – 7.30am	–	Swim 5.30am – 7.30am	–
	PM	–	Swim 4.30pm – 6.00pm Strength 6.00pm – 7.00pm	–	Circuit 4.30pm – 5.00pm Swim 5.00pm – 7.00pm	–	–
Build	AM	–	–	–	Circuit 5.15am – 5.45am Swim 5.45am – 7.15am	Swim 5.45am – 7.15am	–
	PM	Swim 5.30pm – 7.00pm	Strength 5.00pm – 5.45pm Swim 5.45pm – 7.15pm	–	–	–	–
Foundations	AM	–	Swim 6.15am – 7.30am	–	Swim 6.15am – 7.30am	–	–
	PM	–	–	–	–	Swim 4.30pm – 5.45pm	–
Swim Fit Pathway							
Swim Fit – High School	AM	–	–	–	Swim 6.30am – 7.30am	–	–
	PM	–	–	–	–	–	–

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