

Monday						
25m						
	L1	L2	L3	L4	20m	
19:00-21:00	Performance +	Performance +	Performance +	Performance +	Masters 21:00-22:00	Junior P 4 Lanes
	Performance	Performance	Performance	Performance		
20:00-21:00	Performance				19:00-20:00	4 Lanes

Tuesday						
25m						
	L1	L2	L3	L4	20m	
19:00-21:00	Performance +	Performance +	Performance +	Performance +	00:17:00:07 20:00-21:00	Junior P 3 Lanes
	Performance	Performance	Performance	Performance		
20:00-21:00	Performance				19:00-20:00	4 Lanes

Thursday						
25m						
	L1	L2	L3	L4	20m	
19:00-21:00	Performance	Performance	Performance	Masters	19:00-20:00 20:00-21:00	Academy 4 Lanes
	Performance	Performance	Performance	Competitive		
17:00-19:00	Perf +	Perf +	Perf +		19:00-20:00	Academy 4 Lanes

Friday (LC)						
20m						
	L1	L2	L3	L4	Academy + 4 Lanes	
19:30-20:30	Performance	Performance	Junior P	Junior P	19:00-20:00	Academy + 4 Lanes
	Performance	Performance	Junior P	Junior P		
17:00-19:00	Perf +	Perf +	Perf +			

Saturday (LC)						
50m						
	L1	L2	L3	L4	L5	
7:30-9:00AM	Performance +	Performance +	Performance +	Performance	Performance	
	Performance	Performance	Performance	Performance	Performance	

Sunday (LC)										
50m										
	L1	L2	L3	L4	L5	L6	L7	L8	20m	
17:30-19:30	Performance +	Performance +	Performance	Performance	Land Train	Junior Performance	Junior Performance	Masters	Competitive	Drills & Skills
	Performance	Performance	Performance	Performance						
18:30-19:30	Academy + 4 Lanes				17:30-18:30	Academy 4 Lanes				

Squad Stats	Hrs	Squad No
Performance +	11.5	
Performance	8.5	
Junior Performance	4.5	

Squad Stats	Hrs	Squad No
Competitive	2	
Masters	3	

Squad Stats	Hrs	Squad No
Academy	2	
Academy +	2	