

Maitland Squad Timetable

Sessions must be booked online.

| GOLD | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| AM | 4.45am - 7.00am | 4.45am - 7.00am | | 4.45am - 7.00am | 4.45am - 7.00am | 4.45am - 7.00am |
| PM | 3.45pm - 6.00pm | 3.45pm - 6.00pm | 3.45pm - 6.00pm | 3.45pm - 6.00pm | 3.45pm - 6.00pm | |

- All sessions are conducted in the 50m pool
- Athletes are expected to arrive at least 15 minutes prior to session start time for pre-pool activation
- Athletes are expected to have in their wet bag: fins, pull buoy, kickboard, paddles (hand & finger), snorkel, band, parachute and a drink bottle
- Athletes are expected to attend a minimum of 6 sessions per week
- Athletes are expected to be a member of a swimming club and compete regularly at representative level with consultation of coaches

| SILVER | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| AM | 4.45am - 6.30am | 4.45am - 6.30am | 4.45am - 6.30am | 4.45am - 6.30am | 4.45am - 6.30am | 4.45am - 6.30am |
| PM | 3.45pm - 5.30pm | 3.45pm - 5.30pm | 3.45pm - 5.30pm | 3.45pm - 5.30pm | 3.45pm - 5.30pm | |

- All sessions are conducted in the 50m pool
- Athletes are expected to arrive at least 15 minutes prior to session start time for pre-pool activation
- Athletes are expected to have in their wet bag: fins, pull buoy, kickboard, paddles (hand & finger), snorkel, band and a drink bottle
- Athletes are encouraged to attend 5 to 7 sessions per week
- Athletes are encouraged to be a member of a swimming club and compete regularly at club and representative levels



| BRONZE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| AM | 6.30am - 7.45am | 6.30 - 7.45am | 6.30am - 7.45am | 6.30am - 7.45am | 6.30am - 7.45am | 6.30am - 7.45am |
| PM | 5.30pm - 6.45pm | 5.30pm - 6.45pm | 5.30pm - 6.45pm | 5.30pm - 6.45pm | | |

- Sessions are conducted in the 25m pool primarily. Wednesday morning will be conducted in the 50m
- Athletes are expected to have in their wet bag; Fins, Pull buoy, Kickboard and a Drink bottle
- Athletes are encouraged to attend 4-6 sessions per week
- Athletes are encouraged to be a member of a swimming club and compete regularly at club and representative levels

| DEVELOPMENT | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------|-----------------|-----------------|-----------|-----------------|-----------------|-----------------|
| AM | 7.00am - 8.00am | 7.00am - 8.00am | | 7.00am - 8.00am | 7.00am - 8.00am | 7.00am - 8.00am |
| PM | 6.00pm - 7.00pm | 6.00pm - 7.00pm | | 6.00pm - 7.00pm | | |

- All sessions are conducted in the 25m pool
- Athletes are expected to have in their wet bag; fins, pull buoy, kickboard and a drink bottle
- Athletes are encouraged to attend 3 to 5 sessions per week
- Athletes are encouraged to be a member of a swimming club and compete regularly at club level

| FITNESS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| AM | 5.00am - 6.00am | 5.00am - 6.00am | | 5.00am - 6.00am | 5.00am - 6.00am | 5.00am - 6.00am |
| AM | 6.30am - 7.30am | 6.30am - 7.30am | 6.30am - 7.30am | 6.30am - 7.30am | 6.30am - 7.30am | 6.30am - 7.30am |

- All sessions are conducted in the 25m pool
- Athletes are encouraged to have in their wet bag; fins, pull buoy, kickboard and a drink bottle
- Athletes can attend any and all sessions weekly

