

Squad Timetable starting Monday 29 September

GOLD	MONDAY			TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
		Maitland	East Maitland	Maitland	East Maitland	Maitland	East Maitland	Maitland	East Maitland	Maitland	East Maitland	Maitland	East Maitland
	AM	5 - 7am	-	-	5 - 7am	5 - 7am	-	-	5 - 7am	5 - 7am	-	-	8 - 10am
	PM	-	4 - 6pm	4 - 6pm	-	-	4 - 6pm	4 - 6pm	-	-	4 - 6pm	-	-
SILVER		Maitland	East Maitland	Maitland	East Maitland	Maitland	East Maitland	Maitland	East Maitland	Maitland	East Maitland	Maitland	East Maitland
	AM	5 - 7am	-	-	5 - 7am	5 - 7am	-	-	5 - 7am	5 - 7am	-	-	8 - 10am
	PM	-	4 - 6pm	4 - 6pm	-	-	4 - 6pm	4 - 6pm	-	-	4 - 6pm	-	-
FITNESS		Maitland	East Maitland	Maitland	East Maitland	Maitland	East Maitland	Maitland	East Maitland	Maitland	East Maitland	Maitland	East Maitland
	AM	-	5 - 6am	5 - 6am	-	-	5 - 6am	5 - 6am	-	-	5 - 6am	5 - 6am	-
	PM	-	6 - 7pm	-	6 - 7pm	-	-	-	6 -7 pm	-	6 - 7pm	-	-
BRONZE A		Maitland	East Maitland	Maitland	East Maitland	Maitland	East Maitland	Maitland	East Maitland	Maitland	East Maitland	Maitland	East Maitland
	AM	-	6 - 7am	6 - 7am	-	-	7 - 8am	-	7 - 8am	-	6 - 7 am	6 - 7am	-
	PM	6 - 7pm	-	-	5 - 6pm	5 - 6pm	-	-	4 - 5pm	5 - 6pm	-	-	-
BRONZE B		Maitland	East Maitland	Maitland	East Maitland	Maitland	East Maitland	Maitland	East Maitland	Maitland	East Maitland	Maitland	East Maitland
	AM	-	7 - 8am	-	7 - 8am	-	6 - 7am	6 - 7 am	-	-	7 - 8am	-	10 - 11am
	PM	5 - 6pm	-	-	4 - 5pm	4 - 5pm	-	-	5 - 6pm	4 -5pm	-	-	-
DEVELOPMENT		Maitland	East Maitland	Maitland	East Maitland	Maitland	East Maitland	Maitland	East Maitland	Maitland	East Maitland	Maitland	East Maitland
	AM	7 - 8am	-	7 - 8am	-	7 - 8am	-	7 - 8am	-	7 - 8am	-	7 - 8am	-
	PM	4 - 5pm	-	6 - 7pm	-	6 - 7pm	-	6 - 7pm	-	-	-	-	-

Every session MUST be booked through the online system. | Lane capacity limits will be strictly observed. | Only swimmers with bookings will be allowed to participate. | There are no Squad sessions on public holidays. | All swimmers must be on deck ready for activation session at the above start times