

Squad Timetable starting Monday 28 September 2026

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 below start times.

Gold and Silver participants are required at **5am** for a **15 minute activation session**. The in-water session will commence at **5.15am**.

GOLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	5.15 - 7am	5.15 - 7am	5.15 - 7am	5.15 - 7am	5.15 - 7am	5.15 - 7am
PM	4 - 6pm	4 - 6pm	4 - 6pm	4 - 6pm	4 - 6pm	
SILVER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	5.15 - 7am	5.15 - 7am	5.15 - 7am	5.15 - 7am	5.15 - 7am	5.15 - 7am
PM	5.15 - 7pm	5.15 - 7pm	5.15 - 7pm	5.15 - 7pm	4 - 6pm	
BRONZE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	6.30 - 7.45am	6.30 - 7.45am	6.30 - 7.45am	6.30 - 7.45am	6.30 - 7.45am	7 - 8.15am
PM	4 - 5.15pm	4 - 5.15pm	4 - 5.15pm	4 - 5.15pm		
DEVELOPMENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	7 - 8am	7 - 8am	7 - 8am	7 - 8am	7 - 8am	
PM	6 - 7pm	6 - 7pm	6 - 7pm	6 - 7pm		
FITNESS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	5.15 - 6.15am	5.15 - 6.15am	5.15 - 6.15am	5.15 - 6.15am	5.15 - 6.15am	