


**SQUAD TRAINING SCHEDULES 22/4/24 - 27/4/24**

		Mon 22nd		Tues 23rd		Wed 24th		Thu 25th		Fri 26th		Sat 27th	
		April		April		April		April		March		March	
		am	pm	am	pm	am	pm	am	pm	am	pm	am	pm
Grizzly	SWIM	5:30am-7:30am NAC (LC)	6:00pm-8:00pm NAC (LC)	5:30am-7:30am NAC (SC)		5.30am-7.00am NAC (LC)	4.00pm-6.00pm NAC (LC)	NO TRAIN	NO TRAIN	5.30am-7.30am NAC (LC)		5.30am-7.30am AUTM (LC)	
	DRYLAND			8.00am GYM								8.00am GYM	
	COACH	DP + MG	MG	MG		GH + DP + MG	GH + DP			GH		GH	
Polar	SWIM	5:30am-7:30am NAC (LC)	6:00pm-8:00pm NAC (LC)	5.30am-7.30am NAC (SC)		5.30am-7.00am NAC (LC)	4.00pm-6.00pm NAC (LC)	NO TRAIN	NO TRAIN	5.30am-7.30am NAC (LC)		5.30am-7.30am AUTM (LC)	
	DRYLAND		NO DRYLAND			7.15am AD						8.00am AD	
	COACH	DP + MG	MG	MG		GH + DP + MG	GH + DP			GH		GH	
Black	SWIM	5:30am-7:30am NAC (LC)	4:00pm-6:00pm NAC (LC)	5.30am-7.30am NAC (SC)			6.00pm-8.00pm NAC (LC)	NO TRAIN		5.30am-7.30am NAC (LC)	4.00pm-6.00pm NAC (SC)	5.30am-7.30am AUTM (LC)	
	DRYLAND						4.50pm-5.50pm					8.00am AD	
	COACH	DP + MG	DP	MG			JW			RS	RS + JW	RS	
Brown	SWIM	6:00am-7:30am NAC (LC)	4:00pm-6:00pm NAC (LC)	5:30am-7:30am NAC (SC)			6:00pm-8:00pm NAC (LC)	NO TRAIN		5.30am-7:30am NAC (LC)	4:00pm-6:00pm NAC (SC)		
	DRYLAND	5:20am-5:50am					4.50pm AD						
	COACH	JW	DP	JW			JW			JW	RS + JW		
SwimFit	SWIM	5:30am-7:00am NAC (LC)		5:30am-7:00am NAC (SC)				NO TRAIN		5:30am-7:00am NAC (LC)			
	COACH	JW		DP						RS			
Young	SWIM						4:00pm-5:00pm NAC (LC)		NO TRAIN				
	COACH						SL						
Panda	SWIM	6.00am-7.30am TAKA (33)			4.30pm-6.00pm AUTM (SC)	6.00am-7.30am TAKA (33)			NO TRAIN		4.00pm-5.30pm NAC (SC)	7.30am-9.00am AUTM (LC)	
	DRYLAND				4:00pm-4:30pm							6.20am-7.20am	
	COACH	MW			MW + BH + SO	MW					RS + JW	MW + CC + JZ	
Yogi	SWIM		5:30pm-7:00pm (1) TAKA (33)	6.00am-7.30am (1) TAKA (33)	4.30pm-6.00pm (2) AUTM (SC)		5.30pm-7.00pm (All) TAKA (33)	NO TRAIN			5.30pm-7.00pm (All) TAKA (33)	7.30am-9.00am (All) AUTM (LC)	
	DRYLAND		5:00pm-5:30pm		4:00pm-4:30pm						5.00pm-5.30pm	6.20am-7.20am	
	COACH		CC	MW	MW + BH + SO		MW + CC				BH + SO	MW + CC + JZ	
Baloo	SWIM		4:00pm-5:30pm (1) AUTM (SC)		4.30pm-6.00pm (All) AUTM (SC)			NO TRAIN			4.00pm-5.30pm (2) AUTM (SC)	7.30am-9.00am (All) AUTM (LC)	
	DRYLAND				4.15pm-4.30pm							7.00am-7.30am	
	COACH		JW		JW + CCL						NC	JW + CCL	
Paddington	SWIM				5.00pm-6.00pm AUTM (SC)			NO TRAIN				7.30am-9.00am AUTM (LC)	
	DRYLAND				4.45pm-5.00pm							7.00am-7.30am	
	COACH				NC + EH + JZ							RS	
Teddy	SWIM				4.00pm-5.00pm AUTM (SC)			NO TRAIN					
	DRYLAND				3.45pm-4.00pm								
	COACH				NC + EH + JZ								

-----Graham on Leave-----

-----Rafa on Leave-----

POOLS CLOSED - ANZAC DAY

-----Dave & Michelle on Leave-----

Brown and Swimfit  
training at NAC

No Dryland - Polar  
Brown and Swimfit  
training at NAC

Black and Swimfit  
training at NAC