TRAINING SCHEDULE - HALF TERM

SATURDAY 21 - FRIDAY 27 OCTOBER 2023

SwimMark ESSENTIAL CLUB

SQUAD	SATURDAY 21	SUNDAY 22	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27	MAXIMUM HOURS
YOUTH PERFORMANCE	6.45-7.45am MLC	7.00-9.00pm MLC		7.00-9.00pm MLC	7.00-9.00pm RMP	7.00-9.00pm MLC	8.00-9.30pm MLC	10½
SENIOR KENT	6.45-7.45am MLC	7.00-9.00pm MLC		7.00-9.00pm MLC	7.00-9.00pm RMP	7.00-9.00pm MLC	8.00-9.30pm MLC	10½
AGE PERFORMANCE	6.45-7.45am MLC	7.00-9.00pm MLC		7.00-9.00pm MLC	7.00-9.00pm RMP	7.00-9.00pm MLC	8.00-9.30pm MLC	10½
JUNIOR PERFORMANCE	6.45-7.45am MLC	7.00-9.00pm MLC		7.00-9.00pm MLC	7.00-9.00pm RMP	7.00-9.00pm MLC	8.00-9.30pm MLC	10½
YOUTH DEVELOPMENT	6.45-7.45am MLC	7.00-9.00pm MLC		8.00-9.00pm MLC	7.00-9.00pm RMP	7.00-9.00pm MLC	8.00-9.30pm MLC	9½
YOUTH DEVELOPMENT 1	6.45-7.45am MLC	7.00-9.00pm MLC		8.00-9.00pm MLC		7.00-9.00pm MLC	8.00-9.30pm MLC	7½
COMP DEVELOPMENT 2 COMPETITIVE 2		6.00-7.00pm MLC		7.00-8.00pm MLC		7.00-9.00pm MLC	7.00-8.00pm MLC	5
COMP DEVELOPMENT 1 COMPETITIVE 1		5.00-6.00pm * 6.00-7.00pm * MLC					7.00-8.00pm MLC	2
DEVELOPMENT SQUAD		5.00-6.00pm MLC					7.00-8.00pm MLC	2
LEARN TO SWIM ACADEMY								-
MASTERS		8.00-9.00pm MLC				8.00-9.00pm MLC		2
STRENGTH & CONDITIONING		6.00-6.45pm MLC		6.00-6.45pm MLC				-

Comp Dev 1 - L2 & Comp 1 - L1 @ 5.00pm, Comp Dev 1 - L1 & Comp 1 - L2 @ 6.00pm