

Aquajets Swimming Club Squad Training Timetable

	National Squad	State Squad	Intermediate Squad	District Squad	Development Squad
Monday AM	6.00 – 7.30	6.00 – 7.30			
Monday PM				6.30 – 8.00	7.00 – 8.00
Tuesday AM	6.00 – 7.30	6.00 – 7.30			
Tuesday PM			6.30 – 8.00		
Wednesday AM	6.00 – 7.30	6.00 – 7.30			
Wednesday PM				6.00 – 7.30	7.00 – 8.00
Thursday AM	6.00 – 7.30	6.00 – 7.30			
Thursday PM			5.30 – 7.00		
Friday AM	6.00 – 7.30	6.00 – 7.30			
Friday PM			6.30 – 8.00	6.30 – 8.00	7.00 – 8.00
Saturday AM	8.00 – 9.30	8.00 – 9.30	8.00 – 9.30	8.00 – 9.30	8.00 – 9.30