

# Arena Swim Club Training Schedule

NATIONAL TEAM		
Monday	5:30 - 7:30am	5:30 - 7:30pm
Tuesday	5:30 - 6:30am Swim	4:00 - 6:00pm
	6:30 - 7:30am S&C	
Wednesday		5:30 - 7:30pm
Thursday	5:30 - 6:30am Swim	4:00 - 6:30pm
	6:30 - 7:30am S&C	
Friday	5:30 - 7:30am	4:00 - 5:00pm Swim
		5:30 - 6:30pm Spin
Saturday	6:00 - 8:00am	

S&C = Strength and Conditioning

NATIONAL DEVELOPMENT TEAM		
Monday		6:00 - 7:30pm
Tuesday	5:30 - 6:30am S&C	5:00 - 6:30pm
	6:30 - 7:30am Swim	
Wednesday	5:30 - 7:30am	5:30 - 7:30pm
Thursday	5:30 - 6:30am S&C	
	6:30 - 7:30am Swim	
Friday		5:30 - 6:30pm Spin
		6:30 - 7:30pm Swim
Saturday	6:00 - 8:00am	

STATE AGE TEAM		
Monday	5:30 - 7:30am	
Tuesday		6:00 - 7:00pm
Wednesday	5:30 - 7:30am	4:00 - 5:30pm
Thursday		
Friday	5:30 - 7:30am	5:00 - 6:30pm
Saturday		

DEVELOPMENT TEAM		
Monday		4:00 - 5:30pm
Tuesday	5:30 - 7:30am	
Wednesday		4:00 - 5:30pm
Thursday	5:30 - 7:30am	5:00 - 6:30pm
Friday		5:00 - 6:30pm
Saturday	6:00 - 7:30am	

Land work for Development and Intermediate squads is at the coaches discretion.

INTERMEDIATE TEAM		
Monday		5:00 - 6:30pm
Tuesday	5:30 - 7:30am	
Wednesday		5:00 - 6:30pm
Thursday	5:30 - 7:30am	
Friday		5:00 - 6:30pm
Saturday	7:30 - 9:00am	

SURFIT TEAM		
Monday		6:30 - 7:30pm
Wednesday	5:30 - 7:30am	6:30 - 7:30pm
Friday		6:30 - 7:30pm

JUNIOR PROGRAM		
Monday	4:00 - 5:00pm	Silver Teams
Tuesday	4:00 - 5:00pm	Bronze Teams
Wednesday	4:00 - 5:00pm	Silver Teams
Thursday	4:00 - 5:00pm	Bronze Teams
Friday	4:00 - 5:00pm	Silver & Bronze Teams
Saturday	8:00 - 9:00am	Silver & Bronze Teams