

# Arena Swim Club Training Schedule

NATIONAL TEAM		
Monday	5:30 - 7:30am	5:30 - 7:30pm
Tuesday	5:30 - 6:30am Swim 6:30 - 7:30am Land	4:00 - 6:00pm
Wednesday		5:30 - 7:30pm
Thursday		4:00 - 6:00pm
Friday	5:30 - 7:30am	4:00 - 5:00pm Swim 5:30 - 6:30pm Spin
Saturday	6:00 - 8:00am Swim 8:00 - 9:00am Pilates	

NATIONAL DEVELOPMENT TEAM		
Monday		6:00 - 7:30pm
Tuesday	5:30 - 6:30am Land 6:30 - 7:30am Swim	5:00 - 6:30pm
Wednesday	5:30 - 7:30am	5:30 - 7:30pm
Thursday	5:30 - 6:30am Land 6:30 - 7:30am Swim	
Friday		5:30 - 6:30pm Spin 6:30 - 7:30pm Swim
Saturday	6:00 - 8:00am Swim 8:00 - 9:00am Pilates	

STATE PERFORMANCE		
Monday	5:30 - 7:30am	
Tuesday		6:00 - 7:00pm
Wednesday	5:30 - 7:30am	4:00 - 5:30pm
Thursday		5:00 - 6:30pm
Friday		4:30 - 5:00pm Land 5:00 - 6:30pm Swim
Saturday	6:00 - 7:30am 8:00 - 9:00am Pilates	

DEVELOPMENT 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	

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

INTERMEDIATE TEAM		
Monday		4:00 - 5:30pm
Tuesday	5:30 - 7:30am	
Wednesday		4:00 - 5:30pm
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	