

Arena Swim Club Training Schedule – As at May 4th 2015

Squads	Days/Times/Coach							Comments
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
Nationals	5.30am – 7.30am Carey 5.30pm – 7.30pm Carey	5.30am – 7.30am Carey 4.00pm – 6.00pm Carey	5.30pm – 7.30pm Carey	4.00pm – 6.00pm Carey	5.30am – 7.30am Carey 4.00pm – 5.30pm Carey	6.00am – 8.00am Carey		
NDT	6.00pm – 7.30pm Warren	5.30am – 7.30am Warren 5.00pm – 7.00pm Warren	5.30am – 7.30am Warren 5.30pm – 7.30pm Warren	5.30am – 7.30am Warren	5.30pm – 7.30pm Warren	6.00am – 8.00am Warren		
State Performance	5.30am – 7.30am Warren	5.00pm – 7.00pm Warren	5.30am – 7.30am Warren 4.00pm – 5.30pm Warren	5.00pm – 6.30pm Warren	5.30pm – 7.30pm Warren	6.00am – 8am Chris		
Devos	5.00pm – 6.30pm Ashlee	5.30am – 7.00am Ashlee	5.00pm – 6.30pm Chris	5.30am – 7.30am Ashlee	5.00pm – 6.30pm Ashlee	7.30am – 9.00am Ashlee		
Inters	4.00pm – 5.30pm Warren	5.30am – 7.00am Ashlee	4.00pm – 5.30pm Ashlee	5.30am – 7.30am Ashlee	5.00pm – 6.30pm Chris	7.30am – 9.00am Ashlee to 8 Chris 8 to 9		
Junior's Silver A	4.00pm – 5.00pm Tenaha		4.00pm – 5.00pm Tenaha		4.00pm – 5.00pm Tenaha	8.00am – 9.00am Brad with support from Warren and/or Carey		
Junior's Silver	4.00pm – 5.00pm Brad		4.00pm – 5.00pm Brad		4.00pm – 5.00pm Brad	8.00am – 9.00am Brad with support from Warren and/or Carey		
Junior's Bronze		4.00pm – 5.00pm Tenaha with support from Warren		4.00pm – 5.00pm Tenaha with support from Warren	4.00pm – 5.00pm Brad with support from Senior Coach/es	8.00am – 9.00am Brad with support from Warren and/or Carey		
Surf Fit	6.30pm – 7.30pm Nathan		5.30am – 7.30am Warren 6.30pm – 7.30pm Nathan		6.30pm – 7.30pm Nathan			
Tri	5.30am – 7.30am Steve		5.30am – 7.30am Steve	5.30am – 7.30am Steve	5.30am – 7.30am Steve			
Flippaball				6.00pm-7.00pm Paolo			3.00pm – 4.00pm Paolo	

