

Arena Swim Club Training Schedule – June - Sept 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		ALL SQUADS 1) SWIMMING UP WILL BE BY INVITE ONLY 2) SWIMMING DOWN WILL BE SUBJECT TO SPACE AVAILABILITY 3) THE HEAD COACH IS TO BE ASKED 48 HOURS IN ADVANCE FOR APPROVAL
NDT	5.30am – 7.30am Warren 5.30pm – 7.30pm Warren	5.30am – 7.30am Warren 5.00pm – 7.00pm Warren	5.30pm – 7.30pm Warren	5.30am – 7.30am Warren	5.30pm – 7.30pm Warren	6.00am – 7.30am Swim / Land 7.30am – 8.15 Warren		
State Performance	5.30am – 7.30am Warren	5.00pm – 7.00pm Warren	4.00pm – 5.30pm Warren	5.30am – 7.30am Warren 5.00pm – 6.30pm Warren	5.30pm – 7.30pm Warren	6.00am – 7.30am Swim Chris 7.30 – 8.15 Land Warren		
Devo's	5.00pm – 6.30pm Ashlee	5.30am – 7.30am Ashlee	5.00pm – 6.30pm Chris	5.30am – 7.30am Ashlee	5.00pm – 6.30pm Ashlee	7.30am – 9.00am Ashlee		
Inter's	4.00pm – 5.30pm Warren / Carey	5.30am – 7.30am Ashlee	4.00pm – 5.30pm Ashlee	5.30am – 7.30am Ashlee	5.00pm – 6.30pm Chris	7.30am – 9.00am Chris		
Junior's Silver A	4.00pm – 5.00pm Tenaha		4.00pm – 5.00pm Tenaha		4.00pm – 5.00pm Tenaha	8.00am – 9.00am Brad / Paolo Warren		
Junior's Silver	4.00pm – 5.00pm Brad		4.00pm – 5.00pm Brad		4.00pm – 5.00pm Brad	8.00am – 9.00am Brad / Paolo		
Junior's Bronze		4.00pm – 5.00pm Tenaha and Brad		4.00pm – 5.00pm Tenaha/Brad	4.00pm – 5.00pm Tenaha/Brad	8.00am – 9.00am Brad / Paolo Warren		
Surf Fit	6.30pm – 7.30pm Nathan		6.30pm – 7.30pm Nathan	5.30am – 7.30am Warren or Ashlee	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	
Junior Dolphins		4.00pm – 4.45pm Ashlee		4.00pm – 4.45pm Ashlee				