

Arena Swim Club Training Schedule July 2017

NATIONAL TEAM

| | | |
|-----------|---------------|---------------|
| Monday | | 5.00 - 7.30pm |
| Tuesday | 5.30 - 7.30am | 4.00 - 6.00pm |
| Wednesday | | 5.00 - 7.30pm |
| Thursday | 5.30 - 7.30am | 4.00 - 6.00pm |
| Friday | 5.30 - 7.30am | 5.00 - 7.00pm |
| Saturday | 6.00 - 8.00am | |

COMP / FIT

| | | |
|-----------|--|---------------|
| Monday | | 6.30 - 7.30pm |
| Tuesday | | |
| Wednesday | | 6.30 - 7.30pm |
| Thursday | | |
| Friday | | 6.30 - 7.30pm |
| Saturday | | |

STATE PERFORMANCE

| | | |
|-----------|---------------|---------------|
| Monday | | 5.00 - 6.30pm |
| Tuesday | 5.30 - 7.30am | 5.00 - 7.00pm |
| Wednesday | | 5.00 - 6.30pm |
| Thursday | 5.30 - 7.30am | 5.00 - 7.00pm |
| Friday | | 5.00 - 7.00pm |
| Saturday | 6.00 - 8.00am | |

SILVER

| | | |
|-----------|--|---------------|
| Monday | | 4.00 - 5.00pm |
| Tuesday | | |
| Wednesday | | 4.00 - 5.00pm |
| Thursday | | 4.00 - 5.00pm |
| Friday | | 4.00 - 5.00pm |
| Saturday | | 8.00 - 9.00am |

STATE DEVELOPMENT

| | | |
|-----------|--|---------------|
| Monday | | |
| Tuesday | | 5.00 - 6.00pm |
| Wednesday | | 4.00 - 5.00pm |
| Thursday | | 5.00 - 6.00pm |
| Friday | | 4.00 - 5.00pm |
| Saturday | | 8.00 - 9.00am |

BRONZE

| | | |
|-----------|--|---------------|
| Monday | | 4.00 - 5.00pm |
| Tuesday | | 4.00 - 5.00pm |
| Wednesday | | |
| Thursday | | 4.00 - 5.00pm |
| Friday | | 4.00 - 5.00pm |
| Saturday | | 8.00 - 9.00am |

JUNIOR DOLPHINS

| | | |
|---------|--|---------------|
| Monday | | |
| Tuesday | | 4.00 - 4.45pm |