

# Arena Swim Club Training Schedule Sep 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		5.00 - 6.00pm
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		4.00 - 5.00pm
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