



# MINGARA AQUATICS

## Squad Training Timetable

Visit us at your club, Mingara

12-14 Mingara Drive, PO Box 8003,  
Tumbi Umbi NSW 2261  
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	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Length	Saturday	Time	Length
<b>AM SESSIONS</b>										
<b>High Performance</b>	Stephen	Stephen	Stephen	Stephen	Stephen	5.00am	2 hours	Michael	6.00am	1hr 45min
<b>Gold</b>	Michael	Michael	Michael	Michael	Michael	5.00am	1hr 45 min	Michael	6.00am	1hr 45min
<b>Silver</b>	Michael	Michael	Michael	Michael	Michael	6:45am	1hr 15 min	Michael	7:45am	1hr 15min
<b>Bronze</b>	Stephen	Stephen	Stephen	Stephen	Stephen	7.00am	1.0hr	Tyler	8.00am	1hr
<b>Transition</b>		Tyler			Tyler	7.00am	45 min	Elyse	8.00am	45min
<b>Adult Squad</b>	Michael		Michael							
	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Length			
<b>PM SESSIONS</b>										
<b>High Performance</b>	Stephen	Stephen	Stephen	Stephen	NO SQUAD	5:30pm	1hr 30min	<ul style="list-style-type: none"> <li>Squad cards must be scanned on entry to the Mingara Aquatics Facilities.</li> <li>Monthly bookings are only accepted.</li> <li>Squads swim throughout the year only breaking on Public Holidays.</li> <li>Payment is required with fortnightly debits.</li> <li>Please note that squad passes are only valid for the above sessions and are not to be used outside these times.</li> <li>Check out the Mingara Swim Club site at <a href="http://www.mingara.swimming.org.au">www.mingara.swimming.org.au</a></li> </ul>		
<b>Gold</b>	Michael	Michael	Michael	Michael	NO SQUAD	5:30pm	1hr 30min			
<b>Silver</b>	Michael	Michael	Michael	Michael	Michael	4.15pm	1hr 15min			
<b>Bronze</b>	Stephen	Stephen	Stephen	Stephen	Stephen	3:50 & 4:40pm	50min			
<b>Transition</b>	Elyse	Elyse	Tyler	Tyler	Tyler	4.00 & 4:45pm	45min			
<b>Adult Squad</b>		Michael		Michael		7:00pm	1hr 15min			