



Aquatics

SQUAD TRAINING TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	LENGTH	SATURDAY	TIME	LENGTH
AM SESSIONS										
High Performance	Jen	Jen	Jen	Jen	Jen	5.00am	2 hours	Jen	8.00am	1hr 45min
Gold	Kate	Kate	Kate	Vlad	Vlad/Kate	5.00am	1hr 45min	Vlad	8.00am	1hr 45min
Silver	Jen	Jen	Jen	Jen	Jen	6.45am	1hr 15min	Vlad	9.45am	1hr 15min
Bronze	Kate	Kate	Jen	Jen	Kate	7.00am	1hr	Tony	10.00am	1hr
Transition	Kate	Kate	Kate	Jen	Kate	7.00am	45min	Tony	10.00am	45min
Adult Squad	Jen		Jen	9.30AM						
PM SESSIONS										
High Performance	Jen	Jen	Jen	Jen		5.30pm	1hr 30min	<ul style="list-style-type: none"> • Squad cards must be scanned on entry to the Mingara Aquatics Facilities. • Monthly bookings are only accepted. • Squads swim throughout the year only breaking on Public Holidays. • Payment is required with fortnightly debits. • Please note that squad passes are only valid for the above sessions and are not to be used outside these times. • Check out the Mingara Swim Club site at www.mingara.swimming.org.au 		
Gold	Kate	Vlad	Vlad	Vlad	XXX	5.30pm	1hr 30min			
Silver	Jen	Jen	Jen	Jen	Jen	4.15pm	1hr 15min			
Bronze	Kate	Tony	Jen	Tony	Caitlin (Tony)	3.50pm & 4.40pm	50min			
Transition	Caitlin	Caitlin	Caitlin	Caitlin	Heather	4.00pm & 4:45pm	45min			
Adult Squad		Tony		Tony		5.45pm	1hr 15min			