



# Aquatics

## SQUAD TRAINING TIMETABLE

|                         | MONDAY  | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY  | TIME            | LENGTH    | SATURDAY  | TIME    | LENGTH    |
|-------------------------|---------|---------|-----------|----------|---------|-----------------|-----------|---|---------|-----------|
| <b>AM SESSIONS</b>      |         |         |           |          |         |                 |           |   |         |           |
| <b>High Performance</b> | Jen     | Jen     | Jen       | Jen      | Jen     | 5.00am          | 2 hours   | Jen   | 8.00am  | 1hr 45min |
| <b>Gold</b>             | Caitlin | Kate    | Kate      | Cass     | Kate    | 5.00am          | 1hr 45min | Vlad  | 8.00am  | 1hr 45min |
| <b>Silver</b>           | Jen     | Jen     | Jen       | Jen      | Jen     | 6.45am          | 1hr 15min | Jen   | 9.45am  | 1hr 15min |
| <b>Bronze</b>           | Caitlin | Kate    | Jen       | Cass     | Kate    | 7.00am          | 1hr       | Jen   | 10.00am | 1hr       |
| <b>Transition</b>       | Caitlin | Kate    | Kate      |          | Kate    | 7.00am          | 45min     | Jen   | 10.00am | 45min     |
| <b>Adult Squad</b>      | Jen     |         | Jen       | 9.30AM   |         |                 |           |   |         |           |
| <b>PM SESSIONS</b>      |         |         |           |          |         |                 |           |   |         |           |
| <b>High Performance</b> | Jen     | Jen     | Jen       | Jen      |         | 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>             | Vlad    | Vlad    | Vlad      | Vlad     |         | 5.30pm          | 1hr 30min |   |         |           |
| <b>Silver</b>           | Jen     | Jen     | Jen       | Jen      | Jen     | 4.15pm          | 1hr 15min |   |         |           |
| <b>Bronze</b>           | Caitlin | Aaron   | Caitlin   | Aaron    | Caitlin | 3.50pm & 4.40pm | 50min     |   |         |           |
| <b>Transition</b>       | Caitlin | Aaron   | Caitlin   | Aaron    | Caitlin | 4.00pm & 4:45pm | 45min     |   |         |           |
| <b>Adult Squad</b>      |         | Aaron   |           | Aaron    |         | 5.45pm          | 1hr 15min |   |         |           |

Information correct as at 08 March 2021