

TRAINING TIMETABLE AS OF 23RD NOVEMBER

OPEN HIGH PERFORMANCE SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		AQBH Activation: 6.10-6.30am Swim 6.30am - 7.45am Gym 7.45am - 9.30am		AQBH Activation: 6.10-6.30am Swim 6.30am - 7.45am Gym 7.45am - 9.30am		Balwyn Activation 5.40 - 6.00am Swim 6.00am - 7.45am
PM	Balwyn Activation 2.10pm - 2.30pm Swim 2.30pm - 4.15pm	Balwyn Activation 2.10pm - 2.30pm Swim 2.30pm - 4.15pm	Balwyn Activation 2.10pm - 2.30pm Swim 2.30pm - 4.15pm	Balwyn Activation 2.10pm - 2.30pm Swim 2.30pm - 4.15pm	Balwyn Activation 2.10pm - 2.30pm Swim 2.30pm - 4.15pm	
NATIONAL AGE PERFORMANCE SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		AQBH Gym 5.00am - 6.20am Swim 6.30am - 7.30am	Balwyn Activation 5.10 - 5.30am Swim 5.30am - 7.15am	AQBH Gym 5.00am - 6.20am Swim 6.30am - 7.30am	AQBH Activation 5.00 - 5.30am Swim 5.30am - 7.30am	AQBH Outdoor Pool Activation 5.45 - 6.00am Swim 6.00am - 8.00am
PM	Balwyn Activation 4.10pm - 4.30pm Swim 4.30pm - 6.15pm	OFF	Balwyn Activation 4.10pm - 4.30pm Swim 4.30pm - 6.15pm		Balwyn (by invitation) Activation 2.10pm - 2.30pm Swim 2.30pm - 4.15pm	Balwyn (by invitation) Activation 5.40 - 6.00am Swim 6.00am - 7.45am
NATIONAL TARGET SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Balwyn Activation 5.10 - 5.30am Swim 5.30am - 7.15am	AQBH Activation 5.00-5.30am Swim 5.30am - 6.30am Gym 6.30am - 7.30am	OFF	AQBH Activation 5.00-5.30am Swim 5.30am - 6.30am Gym 6.30am - 7.30am	AQBH Activation 5.00 - 5.30am Swim 5.30am - 7.30am	AQBH Outdoor Pool Activation 5.45 - 6.00am Swim 6.00am - 8.00am
PM		Balwyn Activation 4.10pm - 4.30pm Swim 4.30pm - 6.15pm		Balwyn Activation 4.10pm - 4.30pm Swim 4.30pm - 6.15pm		
STATE OPEN SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	AQBH Gym 5.00 - 6.30am Swim 6.30am - 7.30am	Box Hill South Activation 5.15am - 5.30am Swim 5.30am - 7.30am	AQBH Activation 5.00 - 5.30am Swim 5.30am - 6.30am Gym 6.40am - 7.45am	OFF	Box Hill South Activation 5.15am - 5.30am Swim 5.30am - 7.30am	AQBH Outdoor Pool Activation 5.45 - 6.00am Swim 6.00am - 8.00am Gym 8.00am - 9.30am
PM	Trinity Activation 5.45- 6.00pm Swim 6.00pm - 7.30pm			Trinity Activation 5.45- 6.00pm Swim 6.00pm - 7.30pm	Balwyn Activation 5.10 - 5.30am Swim 5.30am - 7.15am	
STATE YOUTH SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	AQBH Activation 5.00 - 5.30am Swim 5.30am - 6.30am Gym 6.30am - 7.30am	OFF	AQBH Gym 5.00 - 6.30am Swim 6.30am - 7.30am	Box Hill South Activation 5.15am - 5.30am Swim 5.30am - 7.30am	Balwyn Activation 5.10 - 5.30am Swim 5.30am - 7.15am	AQBH Outdoor Pool Activation 5.45 - 6.00am Swim 6.00am - 8.00am
PM	OFF	Trinity Activation 5.45- 6.00pm Swim 6.00pm - 7.30pm	Trinity Activation 4.15- 4.30pm Swim 4.30pm - 6.30pm			
STATE JUNIOR SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	OFF	OFF	Box Hill South Activation 5.15am - 5.30am Swim 5.30am - 7.10am	OFF	OFF	AQBH Outdoor Pool Activation 7.45 - 8.00am Swim 8.00am - 9.30am
PM	Trinity Activation 4.15- 4.30pm Swim 4.30pm - 6.00pm	Trinity Activation 4.15- 4.30pm Swim 4.30pm - 6.00pm		AQBH Gym 4:00-5:30pm Swim 5.30pm - 7.00pm		

TRAINING TIMETABLE AS OF 23RD NOVEMBER

STATE TARGET SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	AQBH Gym 5.00 - 6.30am Swim 6.30am - 7.30am	OFF	AQBH Activation 5.00 - 5.30am Swim 5.30am - 6.30am Gym 6.40am - 7.45am	OFF	Box Hill South Activation 5.15am - 5.30am Swim 5.30am - 7.30am	AQBH Outdoor Pool Activation 5.45 - 6.00am Swim 6.00am - 8.00am
PM	OFF		Trinity Activation 4.15- 4.30pm Swim 4.30pm - 6.30pm	Trinity Activation 4.15- 4.30pm Swim 4.30pm - 6.00pm		
STATE DEVELOPMENT SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Box Hill South Activation 5.30am - 5.45am Swim 5.45am - 7.15am					Box Hill South Activation 6.15am - 6.30am Swim 6.30am - 8.15am
PM		AQBH Activation 5.15pm - 5.30pm Swim 5.30pm - 7.00pm		Trinity Activation 4.15- 4.30pm Swim 4.30pm - 6.00pm		
JUNIOR GOLD SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	AQBH Dryland 3.50pm - 4.00pm Swim 4.00pm - 5.30pm		AQBH Activation 5.15pm - 5.30pm Swim 5.30pm - 7.00pm		AQBH Activation 5.15pm - 5.30pm Swim 5.30pm - 7.00pm	
JUNIOR GREEN SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	AQBH Activation 5.15pm - 5.30pm Swim 5.30pm - 7.00pm		AQBH Dryland 3.50pm - 4.00pm Swim 4.00pm - 5.30pm		AQBH Dryland 3.50pm - 4.00pm Swim 4.00pm - 5.30pm	
JUNIOR BLUE SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Box Hill South Dryland 6.15pm - 6.30pm Swim 6.30pm - 7.45pm		AQBH Dryland 3.50pm - 4.00pm Swim 4.00pm - 5.30pm		(TBC) AQBH Indoor Dryland 6.45am - 7.00am Swim 7.00am - 8.00am
JUNIOR AQUA SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		AQBH Dryland 3.50pm - 4.00pm Swim 4.00pm - 5.30pm		Box Hill South Dryland 6.15pm - 6.30pm Swim 6.30pm - 7.45pm		(TBC) AQBH Indoor Dryland 6.45am - 7.00am Swim 7.00am - 8.00am
FITNESS SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	AQBH Dryland 6.50pm - 7.00pm Swim 7.00pm - 8.00pm	AQBH Dryland 6.50pm - 7.00pm Swim 7.00pm - 8.00pm	AQBH Dryland 6.50pm - 7.00pm Swim 7.00pm - 8.00pm	AQBH Dryland 6.50pm - 7.00pm Swim 7.00pm - 8.00pm		

TRAINING VENUES:

Aqualink Box Hill/AQBH: Surrey Drive, Box Hill

Box Hill South/Blackburn: 313 Middleborough Rd, Box Hill Sth

Trinity Grammar School Pool: access is via Stanley St, Kew

Balwyn: 271C Belmore Rd, Nth Balwyn

Hawthorn Aquatic & Leisure Centre: 1 Grace St, Hawthorn