

SURREY PARK TRAINING TIMETABLE AS OF 30 JANUARY

HIGH PERFORMANCE SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Balwyn Activation 5.10am - 5.30am Swim 5.30am - 7.30am	AQBH Activation 6.00am - 6.20am Swim 6.20am - 7.45am Gym 7.45am - 9.30am	OFF	AQBH Activation 6.00am - 6.20am Swim 6.20am - 7.45am Gym 7.45am - 9.30am	AQBH Activation 5.00am - 5.15am Swim 5.15am - 7.45am Sprint Activation 6.00am - 6.20am Swim 6.20am - 7.45am	Balwyn Distance Activation 5.40am - 6.00am Swim 6.00am - 8.15am Sprint Activation 7.10am - 7.30am Swim 7.30am-9.30am
PM	Balwyn Activation 2.40pm - 3.00pm Swim 3.00pm - 5.00pm	Balwyn Activation 2.40pm - 3.00pm Swim 3.00pm - 5.00pm	Balwyn Activation 2.40pm - 3.00pm Swim 3.00pm - 5.00pm	Balwyn Activation 2.40pm - 3.00pm Swim 3.00pm - 5.00pm	OFF	
OPEN PERFORMANCE SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	AQBH Gym 5.00am - 6.20am Swim 6.20am - 7.45am	Balwyn Activation 5.15am - 5.30am Swim 5.30am - 7.30am	AQBH Gym 5.00am - 6.20am Swim 6.20am - 7.45am	Blackburn Activation 5.15am - 5.30am Swim 5.30am - 7.30am	OFF	AQBH Outdoor Pool Activation 5.45am - 6.00am Swim 6.00am - 8.00am Gym 8.00am - 9.30am
PM	Trinity Activation 5.00pm - 5.15pm Swim 5.15pm - 7.15pm	OFF	Trinity Activation 5.00pm - 5.15pm Swim 5.15pm - 7.15pm		Hawthorn Activation 4.15pm - 4.30pm Swim 4.30pm - 6.30pm	
NATIONAL AGE PERFORMANCE SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Balwyn Distance/Middle Distance Activation 5.10am - 5.30am Swim 5.30am - 7.30am	AQBH Activation 5.00am - 5.15am Swim 5.15am - 6.20am Gym 6.30am - 7.30am	OFF	AQBH Activation 5.00am - 5.15am Swim 5.15am - 6.20am Gym 6.30am - 7.30am	Balwyn Activation 5.10am - 5.30am Swim 5.30am - 7.30am (By Invitation) AQBH Activation 5.00am - 5.15am Swim 5.15am - 7.45am	Balwyn Distance Activation 5.40am - 6.00am Swim 6.00am - 8.15am Sprint Activation 7.10am - 7.30am Swim 7.30am-9.30am
PM	Balwyn Activation 4.40pm - 5.00pm Swim 5.00pm - 7.00pm	OFF	Balwyn Activation 4.40pm - 5.00pm Swim 5.00pm - 7.00pm	Balwyn Activation 4.40pm - 5.00pm Swim 5.00pm - 7.00pm	OFF	
NATIONAL TARGET SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Blackburn Activation 5.15am - 5.30am Swim 5.30am - 7.30am	AQBH Gym 5.00am - 6.20am Swim 6.20am - 7.45am	OFF	AQBH Gym 5.00am - 6.20am Swim 6.20am - 7.45am		Distance Balwyn Activation 5.40am - 6.00am Swim 6.00am - 8.15am Sprint AQBH Outdoors Activation 5.45am - 6.00am Swim 6.00am - 8.00am
PM		Balwyn Activation 4.40pm - 5.00pm Swim 5.00pm - 7.00pm	OFF	(By Invitation) Balwyn Activation 4.40pm - 5.00pm Swim 5.00pm - 7.00pm	Hawthorn Activation 4.15pm - 4.30pm Swim 4.30pm - 6.30pm	
STATE YOUTH SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	AQBH Activation 5.00am - 5.15am Swim 5.15am - 6.20am Gym 6.30am - 7.30am		AQBH Activation 5.00am - 5.15am Swim 5.15am - 6.20am Gym 6.30am - 7.30am	Balwyn Activation 5.15am - 5.30am Swim 5.30am - 7.30am		AQBH Outdoor Pool Activation 5.45am - 6.00am Swim 6.00am - 8.00am Circuit 8.15am - 9.15am
PM	Trinity Activation 5.00pm - 5.15pm Swim 5.15pm - 7.15pm	Balwyn Activation 4.40pm - 5.00pm Swim 5.00pm - 7.00pm			Hawthorn Activation 4.15pm - 4.30pm Swim 4.30pm - 6.30pm	

SURREY PARK TRAINING TIMETABLE AS OF 30 JANUARY

STATE JUNIOR SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	(By Invitation) Blackburn Activation 5.15am - 5.30am Swim 5.30am - 7.30am	Blackburn Activation 5.15am - 5.30am Swim 5.30am - 7.30am	OFF	OFF	Blackburn Activation 5.15am - 5.30am Swim 5.30am - 7.30am	AQBH Outdoor Pool Activation 5.45am - 6.00am Swim 6.00am - 8.00am
PM		(By Invitation) Balwyn Activation 4.40pm - 5.00pm Swim 5.00pm - 7.00pm	AQBH Gym 4:00pm - 5:30pm Swim 5.30pm - 7.00pm	Trinity Activation 5.00pm - 5.15pm Swim 5.15pm - 7.15pm		
STATE TARGET SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	AQBH Gym 5.00am - 6.20am Swim 6.30am - 7.45am	OFF	AQBH Gym 5.00am - 6.20am Swim 6.30am - 7.45am		OFF	AQBH Outdoor Pool Activation 5.45am - 6.00am Swim 6.00am - 8.00am
PM	OFF	Trinity Activation 5.00pm - 5.15pm Swim 5.15pm - 7.15pm	Trinity Activation 5.00pm - 5.15pm Swim 5.15pm - 7.15pm	Trinity Activation 5.00pm - 5.15pm Swim 5.15pm - 7.15pm	OFF	
STATE DEVELOPMENT SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		OFF	Blackburn Activation 5.15am - 5.30am Swim 5.30am - 7.30am	OFF	(By Invitation) Blackburn Activation 5.15am - 5.30am Swim 5.30am - 7.30am	Blackburn Activation 5.30am - 5.45am Swim 5.45am - 7.15am
PM	AQBH Activation 3.50pm - 4.00pm Swim 4.00pm - 5.30pm	Trinity Activation 5.00pm - 5.15pm Swim 5.15pm - 7.15pm	OFF	AQBH Activation 5.15pm - 5.30pm Swim 5.30pm - 7.00pm	OFF	
JUNIOR ADVANCED SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	AQBH Indoor Pool Activation 5.50am - 6.00am Swim 6.00am - 7.30am	AQBH Activation 5.15pm - 5.30pm Swim 5.30pm - 7.00pm	AQBH Activation 3.50pm - 4.00pm Swim 4.00pm - 5.30pm	OFF	AQBH Activation 5.15pm - 5.30pm Swim 5.30pm - 7.00pm	AQBH Outdoor Pool Activation 7.45am - 8.00am Swim 8.00am - 9.30am
JUNIOR INTERMEDIATE SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	AQBH Activation 5.15pm - 5.30pm Swim 5.30pm - 7.00pm	AQBH Activation 3.50pm - 4.00pm Swim 4.00pm - 5.30pm	OFF	Blackburn Activation 6.15pm - 6.30pm Swim 6:30pm - 7.45pm	OFF	AQBH Indoor Pool Activation 6.45am - 7.00am Swim 7.00am - 8.30am
JUNIOR BEGINNER SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	OFF	Blackburn Activation 6.15pm - 6.30pm Swim 6.30pm - 7.45pm	OFF	AQBH Activation 3.50pm - 4.00pm Swim 4.00pm - 5.30pm	AQBH Activation 3.50pm - 4.00pm Swim 4.00pm - 5.30pm	AQBH Indoor Pool Activation 6.45am - 7.00am Swim 7.00am - 8.30am
TRINITY JUNIORS						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Trinity Activation 3.00pm - 3.15pm Swim 3.15pm - 4.15pm		

TRAINING VENUES:

Aqualink Box Hill/AQBH: Surrey Drive, Box Hill

Blackburn: 313 Middleborough Rd, Box Hill Sth (between Spotlight and Anaconda)

Trinity Grammar School Pool: Surrey Park access is via Stanley St gate (only), Kew

Balwyn (Boroondarra Sports Complex): 271C Belmore Rd, Nth Balwyn

Hawthorn Aquatic & Leisure Centre: 1 Grace St, Hawthorn