

Bronze Squad Term 1 2014		
Minimum 3 sessions per week + club membership and participation		
Monday	6.15am-7.45am	4.45pm – 6.15pm
Tuesday		4.45pm – 6.15pm Core: 3.45-4.45
Wednesday	6.00am- 7.45am	Club Night Warm Up 4.45-5.15pm
Thursday		4.45pm – 6.15pm Core: 3.45-4.45
Friday	6.15am-7.45am	4.45pm – 6.15pm
Saturday	6.30am-7.00am Core 7.00am-8.30am	

Silver Squad Term 1 2014		
Minimum 5 sessions per week + club membership and participation		
Monday	5.45am-7.45am Abbotsleigh	4.45pm – 6.15pm
Tuesday		4.45pm – 6.15pm Core: 3.45-4.45
Wednesday	5.45 am- 7.45am Abbotsleigh	Club Night Warm Up: 4.45-5.15pm Non Club Night: 4.45-6.15pm
Thursday		4.45pm – 6.15pm Core: 3.45-4.45
Friday	5.45am-7.45am	4.45pm – 6.15pm
Saturday	6.30-7.00am Core 7.00am-9.00am	

Gold Squad Term 1 2014		
Monday	5.45am-7.45am Abbotsleigh	Gym 3.45 - 4.35 Swim 4.45pm - 6.15pm
Tuesday	5.30 am – 7.30 am Knox (Leanne- invitation only)	4.45pm – 6.15pm
Wednesday		Club Nights: Gym 3.45-4.35pm Swim 4.45-5.15 + Club nights
		Non club Nights: Gym 3.45-4.35pm Swim 4.45-6.15pm
Thursday	5.30am-7.30am Knox (Leanne- invitation only)	4.45pm – 6.15pm
Friday	5.45am-7.45am Abbotsleigh	4.45pm – 6.15pm
Saturday	6.00-8.00 Abbotsleigh	