ABBOTSLEIGH AQUATIC CENTRE

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		
5		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			
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	· · ·	

Abbotsleigh Aquatic Centre Gate 1, Ada Avenue, Wahroonga Postal address Locked Bag 1666 Wahroonga NSW 2076 Telephone 61 2 9473 7830 Facsimile 61 2 9473 7681 Facsimile 61 2 9473 7681 Www.abbotsleigh.nsw.edu.au www.abbotsleigh.nsw.edu.au