

# ABBOTSLEIGH AQUATIC CENTRE

<b>Bronze Squad Term 1 2014</b>		
<b>Minimum 3 sessions per week + club membership and participation</b>		
Monday	6.15am-7. 45am	4.45pm – 6.15pm
Tuesday		4.45pm – 6.15pm Core: 3.45-4.45
Wednesday	6.00am- 7. 45am	<b>Club Night Warm Up</b> 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-8.30am	

<b>Silver Squad Term 1 2014</b>		
<b>Minimum 5 sessions per week + club membership and participation</b>		
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	<b>Club Night Warm Up:</b> 4.45-5.15pm <b>Non Club Night:</b> 4.45-6.15pm
Thursday		4.45pm – 6.15pm Core: 3.45-4.45
Friday	5.45am-7. 45am	4.45pm – 6.15pm
Saturday	6.00am-8.00am	

<b>Gold Squad Term 1 2014</b>		
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		<b>Club Nights:</b> Gym 3.45-4.35pm Swim 4.45-5.15 + Club nights
		<b>Non club Nights:</b> 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	