

All Saints' Swimming Club Squad Program - 2020

	Sessions Per Week	Mon	Tues	Wed	Thurs	Fri	Sat
Development Squad	1 - 2	3.45 - 4.30pm	3.45 - 4.30pm	3.45 - 4.30pm	3.45 - 4.30pm	3.45 - 4.30pm	8.00 - 8.45am
Level 1 Squad	2 - 3	3.45 - 4.45pm	3.45 - 4.45pm	3.45 - 4.45pm	3.45 - 4.45pm	3.45 - 4.45pm	7.30 - 8.30am
Level 2 Squad	3 - 5		4.45 - 5.45pm	4.45 - 5.45pm	4.45 - 5.45pm	4.45 - 5.45pm	7.00 - 8.00am
Level 3 Squad	3 - 6	4.45 - 6.15pm	5.00 - 6.30pm	4.45 - 6.15pm	5.00 - 6.30pm	4.45 - 6.15pm	7.00 - 8.00am
Junior High Performance Squad	4 - 6	5.30 - 7.15am 4.00 - 6.00pm	5.30 - 7.15am	4.00 - 6.00pm	5.30 - 7.15am	5.30 - 7.15am 4.00 - 6.00pm	5.30 - 7.15am
High Performance Squad	6 - 9	5.15 - 7.15am	5.30 - 7.15am 4.30 - 6.15pm	5.15 - 7.15am	5.30 - 7.15am 4.30 - 6.15pm	5.15 - 7.15am 4.30 - 6.15pm	7.30 - 9.30am

***Please note that squads continue all year except for public holidays or unless advised by coaching staff.**