

WINTER TIMETABLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NATIONAL/SENIOR SQUAD AM	5.45 – 7.30	5.45 – 7.30	5.45 – 7.30	OFF	5.45 – 7.30	6.30 – 8.30 GYM 8.30 – 9.15
NATIONAL/SENIOR SQUAD PM	4 – 5.30	4 – 4.45 SWIM RACE SKILLS GYM 4.45 – 5.30	OFF	GYM 4- 5 SWIM 5.00 – 6.30	4 – 5.30	
NATIONAL DEVELOPMENT AM	5.45 – 7.30	OFF	5.45 – 7.30	OFF	5.45 – 7.30	6.30 – 8.30
NATIONAL DEVELOPMENT PM	5.30 – 7.00	4 – 4.30 DRYLAND 4.30 – 6.00 SWIM	OFF	4 – 4.30 DRYLAND 4.30 – 6.00 SWIM	OFF	
STATE SQUAD AM	OFF	5.45 – 7.30	OFF	5.45 – 7.30	OFF	6.30 – 8.00
STATE SQUAD PM	5.15 – 6.45	OFF	5.15 – 6.45		5.15 – 6.45	
STATE DEVELOPMENT AM	OFF	OFF	OFF	5.45 – 7.30	OFF	8 – 9.15
STATE DEVELOPMENT PM	4 – 5.15	4 – 5.15	4 – 5.15	OFF	4 – 5.15	