CGGS AQUATIC : SQUAD TRAINING TIMETABLE - TERM 1, 2021

Day		National Development / State Performance Squad : MINIMUM 6 of 7 swim sessions / week		State Squad : MINIMUM 5 of 6 swim sessions / week		State Target Squad : MINIMUM 4 of 5 swim sessions / week		Emerging Squad A : MINIMUM 3 of 4 sessions / week		Development Squad : MINIMUM 2 of 3 sessions / week	
		Time	Location	Time	Location	Time	Location	Time	Location	Time	Location
Mon	AM										
	PM	5.30 - 7.00 (3 lanes)	CGGS : Peter	4.00 - 5.30 (2 lanes)	CGGS : Amon	4.00 - 5.30 (1 lane)	CGGS : James				
Tue	AM	5.45 - 7.30 (5 lanes)	CGGS : Peter								
	PM	5.30 - 7.00 (3 lanes)	CGGS : Peter	4.00 - 5.30 (2 lanes)	CGGS : Amon *+Olivia*					4.00 - 5.00 (1 lane)	CGGS : Olivia
Wed	AM			5.45 - 7.30 (5 lanes)	CGGS : Amon						
	PM	7.00 - 8.30	(Boroondara) Peter	5.00 - 6.30 (3 lanes)	CGGS: Amon	5.00 - 6.30 (2 lanes)	CGGS : Peter *+Olivia*	4.00 - 5.00 (3 lanes)	CGGS : Amon	4.00 - 5.00 (2 lanes)	CGGS : Olivia
Thu	AM										
	PM	5.00 - 6.30 (3 lanes)	CGGS : Peter *+James*			4.00 - 5.00 (2 lanes)	CGGS : James	4.00 - 5.00 (1 lane)	CGGS : James		
Fri	AM										
	PM	6.30 - 8.00 (2 lanes)	(Boroondara) Peter	6.30 - 8.00 (3 lanes)	CGGS: Amon	4.00 - 5.30 (2 lanes)	CGGS : James *+Olivia*	5.00 - 6.30 (1 lane)	CGGS : Amon	4.00 - 5.00 (1 lane)	CGGS : Olivia
Sat	AM	6.15 - 8.00 (3 lanes)	CGGS : Peter	6.15 - 8.00 (2 lanes)	CGGS: Amon	8.00 - 9.30 (2 lanes)	CGGS : Peter	8.00 : 9.30 (1 lane)	CGGS : Amon		