

CGGS AQUATIC SWIM CLUB

2021: TERM 1 HOLIDAY TRAINING TIMETABLE

(Monday 12th– Friday 16th April)

The Program will be run as a series of Technical workshops that will be tailored to each squad level.

TRAINING DAYS	SQUAD LEVELS AND COACHING ROSTER			
	Emerging & Development Squad (Lisa)	State Target Squad (Amon)	State Squad (Amon)	ND – SP Squad (Amon)
Mon 12 th April		3.00 - 4.30pm	3.00 - 4.30pm	4.30 - 6.00pm
Tue 13 th April			3.00 - 4.30pm	3.00 – 4.30pm
Wed 14 th April	3.00 - 4.30pm	3.00 - 4.30pm		4.30 - 6.00pm
Thu 15 th April			3.00- 4.30pm	3.00 - 4.30pm
Fri 16 th April	3.00 – 4.30pm	3.00 – 4.30pm		

PLEASE NOTE: All swimmers will train in their current squad levels!