

CGGS AQUATIC - 2021 TERM 2 TRAINING TIMETABLE																				
Day	National Development : MINIMUM 5 of 6 swim sessions / week			State Squad : MINIMUM 5 of 6 swim sessions / week			Junior State 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			Fitness (HTT) Squad (3 sessions offered / week)			Day	
	Time	Location	Time	Location	Time	Location	Time	Location	Time	Location	Time	Location	Time	Location						
Mon	AM																	Mon	AM	
	PM	5.30 - 7.00 (3 lanes)	CGGS : Peter / Amon	4.00 - 5.30 (2 lanes)	CGGS : Amon	4.00 - 5.30 (1 lane)	CGGS : Olivia								7.30 - 8.30	CGGS : James			Mon	PM
Tue	AM	5.45 - 7.30 (shared 5 lanes)	Note: This is a joint ND / State Squad training session where Peter and Amon will share the coaching duties on alternate weeks		CGGS : 5.45 - 7.30 (shared 5 lanes)														Tue	AM
	PM			5.30 - 7.00 (3 lanes)	CGGS : Amon								4.00 - 5.00 (1 lane)	CGGS : Olivia						PM
Wed	AM																		Wed	AM
	PM	6.30 - 8.00 (3 lanes)	CGGS : Peter	6.00 - 7.30 (2 lanes)	CGGS : Amon	5.00 - 6.00 (2 lanes)	CGGS : Amon	5.00 - 6.00 (2 lanes)	CGGS : Amon	5.00 - 6.00 (1 lane)	CGGS : Olivia	7.30 - 8.30	CGGS : James						Wed	PM
Thu	AM																		Thu	AM
	PM	5.00 - 7.00 (3 lanes)	CGGS : Peter			4.00 - 5.00 (2 lanes)	CGGS : Amon	4.00 - 5.00 (1 lane)	CGGS : Amon											PM
Fri	AM																		Fri	AM
	PM	6.30 - 8.00 (2 lanes)	Boroondara	6.30 - 8.00 (3 lanes)	CGGS : Amon	5.00 - 6.30 (3 lanes)	CGGS : Amon + Olivia	4.00 - 5.00 (2 lanes)	CGGS : Amon	4.00 - 5.00 (1 lane)	CGGS : Olivia	7.30 - 8.30	CGGS : James						Fri	PM
Sat	AM	6.00 - 8.00 (3 lanes)	CGGS : Peter / Amon	6.15 - 8.00 (3 lanes)	CGGS : Amon	8.00 - 9.30 (2 lanes)	CGGS : Amon	8.00 - 9.30 (1 lane)	CGGS : Amon										Sat	AM