



Group	MON	TUES	WED	THURS	FRI	SAT	SUN
PERF	Swim 4-6pm SSDL on-deck 6:00 – 6:45pm	Swim 5:45 – 7:30am 4:00 – 6:00pm SSDL on-Deck 6:00 – 6:15pm	Swim 5:45 – 7:30am 2:45 – 4:45pm SSDL on-Deck 4:45 – 5:30pm	Swim 4:00 – 6:00pm SSDL on-Deck 6:00 – 6:15pm	Swim 5:45 – 7:45am	Swim 6:15 – 8:45am	
SNR PROV	Swim 4-6pm SSDL on-deck 6:00 – 6:45pm	Swim 5:45 – 7:30am	Swim 5:45 – 7:30am 3:00 – 4:45pm SSDL on-Deck 4:45 – 5:30pm	Swim 4:00 – 6:00pm SSDL on-Deck 6:00 – 6:15pm	Swim 5:45 – 7:45am	Swim 6:15 – 8:45am	
JR PROV	SSDL on-deck 4:30 – 5:15pm Swim 5:15-7:00pm	Swim 4:00 – 5:30pm SSDL on-deck 5:30 – 6:00pm	SSDL on-Deck 4:00 – 4:30pm Swim 4:45 – 6:45pm		Swim 4:00 – 5:45pm	Swim 6:45 – 8:45am	Swim 9:45 – 11:45am
SHARK	Swim 7:00 – 8:30pm	Swim 5:45 – 7:30am	Swim 6:45 – 8:30pm		Swim 4:00 – 5:45pm SSDL on-deck 5:45 – 6:30pm	Swim 10:15 – 11:45am	
TIGER	Swim 4:00 – 5:15pm SSDL on-deck 5:15 – 5:45pm		Swim 5:45 – 7:15pm SSDL on-deck 7:00 – 7:30pm	Swim 4:00 – 5:30pm	SSDL on-deck 4:45 – 5:15pm Swim 5:45 – 7:30pm	Swim 10:15 – 11:45am	
EAGLE	Swim 4:00 – 5:15pm SSDL on-deck 5:15 – 5:45pm		Swim 5:45 – 7:15pm SSDL on-deck 7:15 – 7:45pm		SSDL on-deck 4:45 – 5:15pm Swim 5:45 – 7:30pm	Swim 10:15 – 11:45am	
MEGA		SSDL on-deck 4:45 – 5:30pm Swim 5:30 – 7:00pm		SSDL on-deck 4:45 – 5:30pm Swim 5:30 – 7:00pm	Swim 7:30 – 8:30pm	SSDL on-deck 11:15 – 11:45am Swim 11:45am – 1:00pm	
MANTA	Swim 7:00 – 8:00pm SSDL on-deck 8:00 – 8:30pm		Swim 7:15 – 8:30pm		SSDL on-deck 6:30 – 7:15pm Swim 7:15 – 8:30pm		
MIGHTY	Swim 6:00 – 7:00pm SSDL on-deck 7:00 – 7:30pm		Swim 4:45 – 5:45pm SSDL on-deck 5:45 – 6:15pm		Swim 5:45 – 7:15pm		
MINI	(A) M/W Swim School 4:00 – 4:45pm	(B) T/Th Swim School 4:00 – 4:45pm	(A) M/W Swim School 4:00 – 4:45pm	(B) T/Th Swim School 4:00 – 4:45pm	(A & B) Swim 5:45 – 7:15pm		

NOTES

Dryland sessions being held off deck at Millennium Place (Blue & Purple Room) or at external provider have not been listed as days/times are yet to be confirmed.

Additional dryland will be for **Shark, Jr Prov, Snr Prov & Performance**.

SwimStrong Dryland ("SSDL") will be performed on the pool deck and are as compulsory as swim sessions.