



## JUNIOR SQUAD TRAINING SCHEDULES EFFECTIVE 30/9/2024

SQUAD		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
		AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM
PANDA BEARS	Swim	6.00am-7.30am TAKA			4.30pm-6.00pm AUTM (SC)	6.00am-7.30am TAKA			5.30pm-7.00pm TAKA		4.00pm-5.30pm NAC (SC)	7.30am-9.00am AUTM (LC)
					4.00pm-4.30pm DRYLAND				5.00pm-5.30pm DRYLAND			6.20am-7.20am DRYLAND

SQUAD		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
		AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM
YOGI BEARS	Swim		5.30pm-7.pm (1) TAKA	6am-7.30am (1) TAKA	4.30pm-6pm (2) AUTM (SC)		5.30pm-7pm (all) TAKA	6am-7.30am (2) TAKA			5.30pm-7pm (all) TAKA	7.30am-9am (all) AUTM (LC)
			5.00pm-5.30pm DRYLAND		4.00pm-4.30pm DRYLAND						5.00pm-5.30pm DRYLAND	6.20am-7.20am DRYLAND

SQUAD		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
		AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM
BALOO BEARS	Swim		4pm-5.30pm (1) AUTM		4.30pm-6pm (all) AUTM (SC)				4.30pm-6pm (all) AUTM (SC)		4pm-5.30pm (2) AUTM (SC)	7.30am-9am (all) AUTM (LC)
					4.15pm-4.30pm DRYLAND				4.15pm-4.30pm DRYLAND			7.00am-7.30am DRYLAND

SQUAD		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
		AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM
PADDINGTON BEARS	Swim				5.00pm-6.00pm AUTM (SC)				5.00pm-6.00pm AUTM (SC)			7.30am-9am AUTM (LC)
					4.45pm-5.00pm DRYLAND				4.45pm-5.00pm DRYLAND			7.00am-7.30am DRYLAND

SQUAD		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
		AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM
TEDDY BEARS	Swim				4.00pm-5.00pm AUTM (SC)				4.00pm-5.00pm AUTM (SC)			
					3.45pm-4.00pm DRYLAND				3.45pm-4.00pm DRYLAND			