

TOTAL AQUATIC SOLUTIONS PTY LTD

School Holiday Squad Training Schedule January 2nd - 25th - 2019

Mondays

6.00-8.00am - State & National - Swim

3.00-4.00pm - State & National - Gym Circuit

4.00-5.30pm - State & National - Swim

5.30-7.00pm - JX / District - Swim

*5.30-7.00pm - Development - Club Members Only***

Tuesdays

3.30-5.30pm - State & National - Dry/Swim

5.00-7.00pm - JX / District - Dry/Swim

Wednesdays

6.00-8.00am - State & National - Swim

4.00-6.00pm - State & National - Swim

Thursdays

3.30-5.30pm - State & National - Dry/Swim

5.00-7.00pm - JX / District - Dry/Swim

*5.30-7.00pm - Development - Club Members Only***

Fridays

6.00-8.00am - State & National / JX /District - Swim

8.00-9.00am - State & National - Gym Circuit

Saturdays

6.00-8.00am - State & National / JX /District - Swim

*****Development Squad holiday program - Club Members only will resume Monday 14th January.***

Program Closure - Australia Day Long weekend.