

2017-2018 Training Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------|---|------------------|--------------------------------------|--------------------------------------|------------------|---|
| Gold | 3.30-5.00PM (LP) | 6.00-7.15AM (LP) | 3.30-5.00PM (LP) 5.15-6.15PM (TR) | 6.00-7.15AM (LP) 4.00-5.30PM (GB) | 3.30-5.00PM (LP) | 9.00-10.00AM (TR) 10.00-11.30AM (LP) |
| Silver 1 | 3.30-5.00PM (LP) | | 3.30-5.00PM (LP) 5.15-6.15PM (TR) | 4.00-5.30PM (GB) | 3.30-5.00PM (LP) | 9.00-10.00AM (TR) 10.00-11.30AM (LP) |
| Silver 2 | 3.30-4.30PM (GB) | 4.30-5.30PM (LP) | 5.15-6.15PM (TR) | 4.30-5.30PM (LP) | 3.30-5.00PM (LP) | 9.00-10.00AM (TR) 11.30-12.30PM (LP) |
| Bronze 1 | 3.30-4.30PM (GB) | 4.30-5.30PM (LP) | 5.15-6.15PM (TR) | 4.30-5.30PM (LP) | | 9.00-10.00AM (TR) 11.30-12.30PM (LP) |
| Bronze 2 | 3.30-4.30PM (GB) | 3.30-4.30PM (LP) | 5.15-6.15PM (TR) | 3.30-4.30PM (LP) | | 9.00-10.00AM (TR) 11.30-12.30PM (LP) |
| Social/ Development | 3.30-4.30PM (GB) | 6.00-7.15AM (LP) | 5.15-6.15PM (TR) | 6.00-7.15AM (LP) | | 9.00-10.00AM (TR) 11.30-12.30PM (LP) |
| Adult | | 6.00-7.15AM (LP) | | 6.00-7.15AM (LP) | | |
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| | LP = Lions Pool | GB = Gov Beach | TR = Track or Gym | | | |
| | Coach Darren will Alternate one week at the pool, one week at the beach on Mon/Thurs. | | | | | |