

## 2018-2019 Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Gold</b>	3.30-5.00PM (LP) 5.15-6.15PM (TR)	6.00-7.15AM (LP)	3.30-5.00PM (LP) 5.15-6.15PM (TR)	6.00-7.15AM (LP) 4.30-6.00PM (GB)	3.30-5.00PM (LP)	9.00-10.00AM (TR) 10.00-12.00PM (LP)
<b>Silver 1</b>	3.30-4.30PM (GB) 5.15-6.15PM (TR)	4.00-5.30PM (LP)	5.15-6.15PM (TR)	4.00-5.30PM (LP)	* 3.30-5.00PM (LP)	9.00-10.00AM (TR) 10.00-12.00PM (LP)
<b>Silver 2</b>	3.30-4.30PM (GB) 5.15-6.15PM (TR)	4.00-5.30PM (LP)	5.15-6.15PM (TR)	4.00-5.30PM (LP)	* 3.30-5.00PM (LP)	9.00-10.00AM (TR) 10.00-12.00PM (LP)
<b>Bronze 1</b>	3.30-4.30PM (GB) 5.15-6.15PM (TR)	4.30-5.30PM (LP)	5.15-6.15PM (TR)	4.30-5.30PM (LP)		9.00-10.00AM (TR) 12.00-1.00PM (LP)
<b>Bronze 2</b>	3.30-4.30PM (GB) 5.15-6.15PM (TR)	3.30-4.30PM (LP)	5.15-6.15PM (TR)	3.30-4.30PM (LP)		9.00-10.00AM (TR) 12.00-1.00PM (LP)
<b>Bronze 3</b>	3.30-4.30PM (GB) 5.15-6.15PM (TR)		5.15-6.15PM (TR)			9.00-10.00AM (TR) 12.00-1.00PM (LP)
<b>Social/ Development</b>	3.30-4.30PM (GB) 5.15-6.15PM (TR)	6.00-7.15AM (LP)	5.15-6.15PM (TR)	6.00-7.15AM (LP)		9.00-10.00AM (TR) **10.00-12.00PM (LP) **12.00-1.00PM (LP)
<b>Adult</b>		6.00-7.15AM (LP)		6.00-7.15AM (LP)		
	LP = Lions Pool	GB = Gov Beach	TR = Track or Gym			
	* By prior arrangement with the coach only!! ** Group dependent on ability, TBD by Coach Darren					