

2022 -2023 SMS Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold 1 min 6/wk	5:15-7:15am (LP) 3:30-5:00pm (LP) 5:15-6:15pm (TR)	5:15-7:15am (LP) 4:00-6:00pm (GB)	5:15-6:15pm (TR)	5:15-7:15am (LP) 7:00-9:00pm (CB)	3:30-5:00pm (LP)	9:00-10:00am (TR) 10:00-12:00pm (LP)
Gold 2 min 5/wk	5:15-6:15pm (TR)	5:15-7:15am (LP) 4:00-6:00pm (GB)	3:30-5:00pm (LP) 5:15-6:15pm (TR)	5:15-7:15am (LP) 7:00-9:00pm (CB)	3:30-5:00pm (LP)	9:00-10:00am (TR) 10:00-12:00pm (LP)
Silver min 4/wk	3:30-4:30pm (GB) 5:15-6:15pm (TR)	6:00-7:15am (LP) 4:30-5:30pm (LP)	5:15-6:15pm (TR)	6:00-7:15am (LP) 4:30-5:30pm (LP)		9:00-10:00am (TR) 12:00-1:00pm (LP)
Bronze 1 min 2-3/wk	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)
Bronze 2 min 2/wk	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)
Bronze 3a min 2/wk	3:30-4:30pm (GB) 5:15-6:15pm (TR)	2:45-3:30pm (LP)	5:15-6:15pm (TR)		3:00-4:00pm (LP)	9:00-10:00am (TR) 12:00-1:00pm (LP)
Bronze 3b min 2/wk	3:30-4:30pm (GB) 5:15-6:15pm (TR)		2:45-3:30pm (LP) 5:15-6:15pm (TR)		3:00-4:00pm (LP)	9:00-10:00am (TR) 12:00-1:00pm (LP)
Development	3:30-4:30pm (GB) 5:15-6:15pm (TR)	6:00-7:15am (LP) 4:00-6:00pm (GB)	5:15-6:15pm (TR)	6:00-7:15am (LP)		9:00-10:00am (TR) 12:00-1:00pm (LP)

LP = Lions Pool

GB = Gov's Beach
includes circuits

TR = Track Area

CB = Camana Bay
Pool