

# JUNIOR TRAINING SCHEDULE

ANDREWS CUP (Term 1 only)	DEVELOPMENT SQUAD (\$80 per month)	JUNIOR SQUAD (\$95 per month)	JUNIOR COMP SQUAD (\$105 per month)	JUNIOR STATE SQUAD (\$120 per month)
<u>Monday</u> 6:30am-7:30am	<u>Monday</u> 3:30pm-4:30pm	<u>Monday</u> 4:30pm-5:30pm	<u>Monday</u> 4:30pm-6pm	<u>Monday</u> 6:00am-7:30am
<u>Wednesday</u> 6:30am-7:30am	<u>Tuesday</u> 3:30pm-4:30pm	<u>Tuesday</u> 3:30pm-4:30pm	<u>Tuesday</u> 4:30pm-6:00pm	<u>Tuesday</u> 4:30pm-6:00pm
<u>Friday</u> 3:30pm-4:30pm	<u>Wednesday</u> 4:00pm-5:00pm	<u>Wednesday</u> 6:30am-7:30am	<u>Wednesday</u> 3:30pm-5:00pm	<u>Wednesday</u> 6:00am-7:30am
	<u>Friday</u> 6:30am-7:30am	<u>Thursday</u> 3:30pm-4:30pm	<u>Thursday</u> 4:30pm-6:00pm	3:45pm-6:00pm (incl gym)
		<u>Friday</u> 6:30am-7:30am	<u>Friday</u> 6:00am-7:30am	<u>Thursday</u> 4:30pm-6:00pm
				<u>Friday</u> 6:00am-7:30am

# SENIOR TRAINING SCHEDULE

QGSSSA TRAINING (Term 1 only)	TARGET STATE SQUAD (Fitness) (\$100 per month)	SENIOR STATE SQUAD (\$150 per month)
<p style="text-align: center;"><u>Monday</u> 6:30am-7:30am</p> <p style="text-align: center;"><u>Tuesday</u> 6:30am-7:30am (Compulsory Team Training)</p> <p style="text-align: center;"><u>Wednesday</u> 6:30am-7:30am</p> <p style="text-align: center;"><u>Thursday</u> 6:30am-7:30am</p>	<p style="text-align: center;"><u>Monday</u> 6:00am-7:30am</p> <p style="text-align: center;"><u>Tuesday</u> 4:30pm-6:00pm</p> <p style="text-align: center;"><u>Thursday</u> 4:30pm-6:00pm</p> <p style="text-align: center;"><u>Friday</u> 6:00am-7:30am</p>	<p style="text-align: center;"><u>Monday</u> 5:30am-7:30am 3:45pm-6:00pm (incl gym)</p> <p style="text-align: center;"><u>Tuesday</u> 4:30pm-6:30pm</p> <p style="text-align: center;"><u>Wednesday</u> 5:30am-7:30am 3:45pm-6:00pm (incl gym)</p> <p style="text-align: center;"><u>Thursday</u> 4:30pm-6:30pm</p> <p style="text-align: center;"><u>Friday</u> 5:30am-7:30am</p>

CLAYFIELD SWIMMING