

JUNIOR TRAINING SCHEDULE 12 & Under

| Clayfield College Andrews Cup Squad | DEVELOPMENT SQUAD (\$95 per month) | JUNIOR SQUAD (\$105 per month) | JUNIOR COMP SQUAD (\$115 per month) | JUNIOR STATE SQUAD (\$125 per month) |
|--|---|---|---|---|
| TERM 4, 2020 – Term 1, 2021 <u>Wednesday</u> 6:45am – 7:45am <u>Thursday</u> 3:30pm - 4:30pm <u>Friday</u> 3:30pm - 4:30pm <hr style="border: 0.5px solid white;"/> <u>Wednesday</u> 6:45am – 7:45am <u>Thursday</u> 3:30pm - 4:30pm <u>Friday</u> 3:30pm - 4:30pm | <u>Monday</u> 3:30pm - 4:30pm <u>Wednesday</u> 6:30am – 7:30am 3:30pm - 4:30pm <u>Friday</u> 6:30am – 7:30am 3:30pm - 4:30pm <u>Saturday</u> 8:30am – 9:30am | <u>Monday</u> 3:30pm - 4:30pm <u>Wednesday</u> 6:30am – 7:30am 3:30pm - 4:30pm <u>Friday</u> 6:30am – 7:30am 3:30pm - 4:30pm <u>Saturday</u> 8:30am – 9:30am | <u>Monday</u> 4:30pm - 6:00pm <u>Tuesday</u> 3:30pm - 5:00pm <u>Wednesday</u> 6am – 7:30am 4:30pm - 6:00pm <u>Thursday</u> 3:30pm - 5:00pm <u>Friday</u> 6am – 7:30am <u>Saturday</u> 7:00am – 8:30am | <u>Monday</u> 5:30am – 7:30am 3:45pm - 6:00pm incl (gym) <u>Tuesday</u> 4:00pm - 6:00pm <u>Wednesday</u> 5:30am – 7:30am 3:45pm-6:00pm incl (gym) <u>Thursday</u> 5:30am – 7:30am 4:30pm - 6:00pm <u>Friday</u> 5:30am – 7:30am <u>Saturday</u> 6:30am – 8:30am |

SENIOR TRAINING SCHEDULE 13 and Over

| Adult Fitness Squad (\$120 for 10 Pass or \$15 pay as you go) | Clayfield College QGSSA TRAINING | TARGET STATE (Tri, Water polo, Fitness) (\$110 per month) | SENIOR STATE SQUAD (\$150 per month) |
|---|--|--|---|
| <u>Monday</u> 5:30am - 6:30am <u>Tuesday</u> 6pm - 7pm <u>Wednesday</u> 5:30am - 6:30am <u>Thursday</u> 6pm - 7pm <u>Friday</u> 5:30am - 6:30am | <u>Monday</u> 6:30am - 7:45am <u>Tuesday</u> 6:30am - 7:45am <u>Wednesday</u> 6:30am - 7:45am <u>Thursday</u> 6:30am - 7:45am | <u>Monday</u> 5:30am - 7:00am <u>Tuesday</u> 5:30am - 7:00am <u>Wednesday</u> 5:30am - 7:00am <u>Thursday</u> 5:30am - 7:00am <u>Friday</u> 5:30am - 7:30am <u>Saturday</u> 6:30am – 8:00am | <u>Monday</u> 5:30am – 7:30am 3:45pm - 6:00pm incl (gym) <u>Tuesday</u> 4:00pm - 6:00pm <u>Wednesday</u> 5:30am – 7:30am 3:45pm-6:00pm incl (gym) <u>Thursday</u> 5:30am – 7:30am 4:30pm - 6:00pm <u>Friday</u> 5:30am – 7:30am <u>Saturday</u> 6:30am – 8:30am |