

## JUNIOR TRAINING SCHEDULE 12 & Under

January 17<sup>th</sup>, 2022 – April 17<sup>th</sup>, 2022

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)
<u>Monday</u> 6:45am – 7:45am	<u>Monday</u> 3:30pm – 4:30pm	<u>Monday</u> 3:30pm – 4:30pm	<u>Monday</u> 4:30pm - 6:00pm incl gym	<u>Monday</u> 6am – 7:30am
<u>Wednesday</u> 6:45am–7:45am	<u>Tuesday</u> 3:30pm – 4:30pm	<u>Tuesday</u> 3:30pm – 4:30pm	<u>Tuesday</u> 4:30pm - 6:00pm	3:45pm - 6:00pm incl gym
<u>Thursday</u> 3:30pm – 4:30pm	<u>Wednesday</u> 3:30pm - 4:30pm	<u>Wednesday</u> 3:30pm - 4:30pm	<u>Wednesday</u> 6am – 7:30am	<u>Tuesday</u> 4:30pm - 6:00pm
<u>Friday</u> 3:30pm – 4:30pm	<u>Friday</u> 6:30am – 7:30am	<u>Friday</u> 6:30am – 7:30am	4:30pm - 6:00pm incl gym	<u>Wednesday</u> 6am – 7:30am
	<u>Saturday</u> 8:30am – 9:30am	<u>Saturday</u> 8:30am – 9:30am	<u>Thursday</u> 4:30pm - 6:00pm	3:45pm-6:00pm incl gym
			<u>Friday</u> 6am – 7:30am	<u>Thursday</u> 4:30pm - 6:00pm
			<u>Saturday</u> 8:00am – 9:30am	<u>Friday</u> 6am – 7:30am
				<u>Saturday</u> 6am – 8:00am

## SENIOR TRAINING SCHEDULE 13 and Over

**January 17<sup>th</sup>, 2022 – April 17<sup>th</sup>, 2022**

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