

JUNIOR TRAINING SCHEDULE 12 & Under

April 19th, 2022 – October 2nd, 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>	<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>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>Wednesday</u>	<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>Thursday</u> 3:30pm - 4:30pm	<u>Thursday</u> 3:30pm - 4:30pm	<u>Thursday</u> 4:30pm - 6:00pm incl gym	<u>Wednesday</u> 6am – 7:30am
<u>Friday</u> 3:30pm – 4:30pm	<u>Friday</u> 6:30am – 7:30am	<u>Friday</u> 6:30am – 7:30am	<u>Friday</u> 4:30pm - 6:00pm	<u>Thursday</u> 3:45pm-6:00pm incl gym
	<u>Saturday</u> 8:30am – 9:30am	<u>Saturday</u> 8:30am – 9:30am	<u>Saturday</u> 6am – 7:30am	<u>Friday</u> 4:30pm - 6:00pm
			<u>Saturday</u> 8:00am – 9:30am	<u>Saturday</u> 6am – 7:30am
				<u>Saturday</u> 6am – 8:00am

SENIOR TRAINING SCHEDULE 13 and Over

April 19th, 2022 – October 2nd, 2022

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>Monday</u> -	<u>Monday</u> 5:30am - 7:30am	<u>Monday</u> 5:30am – 7:30am
<u>Tuesday</u> 6pm - 7pm	<u>Tuesday</u> -	<u>Wednesday</u> 5:30am – 7:30am	3:45pm - 6:00pm incl (gym)
<u>Wednesday</u> 5:30am - 6:30am	<u>Wednesday</u> -	<u>Thursday</u> 4:30pm – 6pm	<u>Tuesday</u> 4:30pm - 6pm
<u>Thursday</u> 6pm - 7pm	<u>Thursday</u> -	<u>Friday</u> 5:30am - 7:30am	<u>Wednesday</u> 5:30am – 7:30am
<u>Friday</u> 5:30am - 6:30am	-	<u>Saturday</u> 6:00am – 8:00am	3:45pm-6:00pm incl (gym)
<u>Saturday</u> 6am – 7:30am	-		<u>Thursday</u> 4:30pm - 6pm
			<u>Friday</u> 5:30am – 7:30am
			<u>Saturday</u> 6:00am – 8:00am

CLAYFIELD SWIMMING