

Senior Squad

Training Schedule

DAYS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING						
VENUE	Epsom	Epsom		Epsom		Epsom
SWIMMING TIMES	5.30-7.00am	5.30-7.00am		5.30-7.00am		6.00-7.30am
AFTERNOON						
VENUE	Epsom	Newmarket	Epsom	Newmarket	Newmarket	
DRY LAND TIMES	5.00-5.45pm ⁽³⁾	5.00-6.00pm		5.00-6.00pm	4.30-5.30pm	
SWIMMING TIMES	6.00-7.30pm	6.15-8.00pm ⁽¹⁾	5.00-7.00pm	6.15-8.00pm ⁽¹⁾	5.45-7.30pm	

- (1) The Swimmers in this squad can swim all of the above sessions, except on a Tuesday and Thursday afternoon where instead they will swim either the Tuesday evening or Thursday evening session as determined by the coach. The Tuesday session will be a freestyle only session and the Thursday session will have separate backstroke and breaststroke lanes.
- (2) Swimmers in this squad are expected to regularly attend at least 7 pool sessions per week
- (3) Dry land at EGGs will be in the Old Gym

Gold Squad

Training Schedule

DAYS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING						
VENUE			Epsom		Epsom	Epsom
SWIMMING TIMES			5.30-7.00am		5.30-7.00am	7.30-9.00am
AFTERNOON						
VENUE	Epsom	Epsom	Newmarket	Epsom		
DRYLAND TIMES			5.45-6.15pm	5.00-5.45pm		
SWIMMING TIMES	4.30-6.00pm	5.30-7.00pm	6.30-8.00pm	6.00-7.30pm		

1. Swimmers in this squad may swim all sessions and are expected to regularly attend at least 6 pool sessions per week. On Monday and Wednesday afternoon some swimmers from this squad may be invited to swim with the Senior squad.

Silver Squad

Swimming sessions: Can swim a maximum of 5 sessions per week from a choice of 6 available sessions

Minimum attendance: Swimmers in this squad are expected to regularly attend at least 4 pool sessions per week

Training Schedule

DAYS	Monday	Tuesday	Wednesday ⁽¹⁾	Thursday	Friday	Saturday ⁽²⁾
MORNING						
VENUE	Epsom			Epsom/Dio		
SWIMMING TIMES	5.30-7.00am			7.30-9.am/7.15-8.30am		
AFTERNOON						
VENUE	Newmarket	Epsom	Epsom	Epsom	Epsom	
DRYLAND TIMES	5.45-6.15pm	deleted		6.15-6.45pm	deleted	
SWIMMING TIMES	6.30-8.00pm	4.30-5.30pm	3.45-5.00pm	4.45-6.00pm	3.45-5.15pm	

(1) The Wednesday morning session is by Invitation Only and is instead of the Wednesday afternoon session – ie invited Silver swimmers only once on Wednesday

(2) For the Saturday morning session the squad will be split between Epsom (7.30-9am) and Dio (7.15-8.30am) as advised by the coaches

Bronze Squad

Swimming sessions: Can swim a maximum of 4 sessions per week from a choice of 5 available sessions

Minimum attendance: Swimmers in this squad are expected to regularly attend at least 3 pool sessions per week

Training Schedule

DAYS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING						
VENUE						
SWIMMING TIMES						
AFTERNOON						
VENUE	Epsom	Epsom	Epsom	Epsom	Epsom	
DRYLAND TIMES		5.45-6.30pm			5.30-6.00pm	
SWIMMING TIMES	4.30-6.00pm	4.30-5.30pm	3.45-5.00pm	4.45-6.00pm	3.45-5.15pm	

Sprint Squad

Swimming sessions: Can swim a maximum of 4 sessions per week

Minimum attendance: Swimmers in this squad are expected to regularly attend at least 3 pool sessions per week

Training Schedule

DAYS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING						
VENUE	Epsom	Epsom		Epsom	Epsom	
SWIMMING TIMES	7.00-8.00am	7.00-8.00am		7.00-8.00am	7.00-8.00am	

Multi-Sport Squad

Swimming sessions: Swimmers can elect a package of either 1, 2, 3 or 4 sessions per week. The choice of the specific training days per week is subject to availability of your preferred days and the requested selection needs to be made at the start of each term and retained for the full term.

Lane space Availability: There are more lanes available of Tuesday and Friday

Training Schedule

DAYS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING						
VENUE	Epsom	Epsom		Epsom	Epsom	
SWIMMING TIMES	7.00-8.00am	7.00-8.00am		7.00-8.00am	7.00-8.00am	