

United Timetable

Only Applicable from Friday 3rd December through to 22nd December (morning only)

Seniors 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	AGGS	Newmarket	Newmarket	
DRY LAND TIMES		5.00-6.00pm		5.00-6.00pm	5.00-5.45pm	
SWIMMING TIMES	6.00-7.30pm	6.15-8.00pm*	5.15-7.00pm	6.15-8.00pm*	6.00-7.30pm	

- Swimmers in this squad are expected to regularly attend at least 7 pool sessions per week and may swim up to 8 sessions.
- *Swimmers will swim either Tuesday evening or Thursday evening session as determined by the coach. The Tuesday session will have separate freestyle and fly lanes and the Thursday session will have separate backstroke and breaststroke lanes.

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	AGGS	Newmarket	Epsom	AGGS	
DRYLAND TIMES ⁽¹⁾			5.45-6.15pm	5.15-6:00m		
SWIMMING TIMES	4.30-6.00pm	5.30-7.00pm	6.30-8.00pm	6.00-7.30pm	4:00-5:30pm	

- Swimmers in this squad are expected to regularly attend at least 6 pool sessions per week and may swim all 7 sessions.
- Swimmers progressing to Seniors will be invited to Seniors sessions on an individual basis as determined by coaches.

Silver Squad

Training Schedule

DAYS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING						
VENUE	Epsom				Epsom	Newmarket
SWIMMING TIMES					5.30-7.00am*	6:00 – 7:00am
AFTERNOON						
VENUE	Newmarket	Epsom	Epsom	Epsom	Epsom	
DRYLAND TIMES				6.15-6.45pm	5:30-6:00pm	
SWIMMING TIMES	6.30-8.00pm	5.30-7:00pm	5:15-7:00pm	4.45-6.00pm	3.45-5.15pm	

- Those swimming 6 sessions will be by invitation only and this will include *Friday morning session (available to silver by invitation from coach only). There will be an additional charge for the sixth session.

Bronze Squad

Training Schedule

DAYS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING						
VENUE						Newmarket
SWIMMING TIMES						6:00 – 7:00am
AFTERNOON						
VENUE	Epsom	Epsom	Epsom	Epsom	Epsom	
DRYLAND TIMES		5.45-6.30pm		6.15-6.45pm		
SWIMMING TIMES	4.30-6.00pm	4.30-5.30pm	5:15—7:00m	4.45-6.00pm	3.45-4:45pm	

Juniors Squad

Training Schedule

DAYS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING						
VENUE	Epsom (O)			Epsom		Epsom (O)
SWIMMING TIMES	7.00-8.00am			7.00-8.00am		7:30-9:00am
AFTERNOON						
VENUE	Epsom (O)	Epsom	Epsom		Epsom (O)	
DRYLAND TIMES	6:00- 6:45pm	5.45-6.30pm				
SWIMMING TIMES	4:45 -5:45pm	4:30-5:30pm	3:45-5:15pm		4:45 -5:45pm	

- Swimmers in this squad are expected to regularly attend 3 or 4 sessions per week, charges according to planned number per week.
- Sessions will be at the EGGS indoor pool, except those sessions marked as “Epsom (O)” and these will be in the heated outdoor pool at EGGS.

Senior Development and Training (SDT) Squad

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	

- Swimmers in this squad can swim 1- 4 sessions per week with a minimum of 2 sessions per week if swimming competitively, charges are according to planned number of sessions per week.
- To optimise swimmer number and lane space the number and day/time of sessions must be nominated in advance for each term. The choice of the specific training days is subject to availability on preferred days.

Junior Development and Training (JDT) Squad

Training Schedule

DAYS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING						
VENUE	Epsom	Epsom			Epsom (O)	Newmarket
SWIMMING TIMES	7.00-8.00am	7.00-8.00am			7.00-8.00am	6.00-7.00am
AFTERNOON						
VENUE			Epsom			
DRYLAND TIMES						
SWIMMING TIMES			3:45-5:00pm			

- Sessions will be at the EGGS or Newmarket indoor pool, except those sessions marked as “Epsom (O)” and these will be in the heated outdoor pool at EGGS.