United
SWIMMING CLUB

School Term Schedule

		Mon		Tue		Wed		Thu		Fri		Sat	Totals:			
		am	pm	am	pm	am	pm	am	pm	am	pm	am	Sessions	Hours	am	pm
Open	Gold	5:30-7:00	4:30-6:00	5:30-7:00	**5:15-8:00**	5:30-7:00	-	5:30-7:00	**5:15-8:00**	5:30-7:00	-	**5:30-8:15**	9	14 Swim 3.25 S&C	6	3
		EGGS	EGGS	St Cuth	Olympic	EGGS	-	St Cuth	Olympic	EGGS	-	Olympic				
Age Group	Black	5:30-7:00	4:30-6:00	5:30-7:00	**5:15-8:00**	5:30-7:00	-	5:30-7:00	**5:15-8:00**	5:30-7:00	-	**5:30-8:15**	9	14 Swim 3.25 S&C	6	3
		EGGS	EGGS	St Cuths	Olympic	EGGS	-	St Cuth	Olympic	EGGS	-	Olympic				
	White	5:30-7:00	**5:45-8:00**	5:30-7:00	4:30-6:00	-	**5:45-8:00**	5:30-7:00	-	5:30-7:00	-	5:30-7:00	8	12 Swim 2 S&C	5	3
		EGGS	Olympic	St Cuths	EGGS	-	Olympic	St Cuths	-	EGGS	-	Olympic				
	Grey	-	**5:00-7:00**	5:30-7:00	4:30-6:00	-	-	5:30-7:00	5:45-7:00	-	**6:00-7:30**	6:00-7:30	7	9.25 Swim 1.5 S&C	3	4
		-	EGGS	EGGS	EGGS	-	-	St Cuths	EGGS	-	Olympic	EGGS				
Junior	Black	-	**5:00-7:00**	5:30-7:00	-	-	4:30-6:00	5:30-7:00	-	-	**6:00-7:30**	6:00-7:30	6	8 Swim 1.5 S&C	3	3
		-	EGGS	EGGS	-	-	EGGS	EGGS	-	-	Olympic	EGGS				
	White	-	-	-	6:00-7:00	-	4:30-6:00	5:30-7:00	4:45-5:45	-	4:30-5:30	7:30-9:00	6	7.5 Swim	2	4
		-	-	-	EGGS	-	EGGS	EGGS	EGGS	-	EGGS	EGGS				
	Grey	-	-	-	6:00-7:00	-	6:00-7:00	-	4:45-5:45	-	4:30-5:30	7:30-8:30	5	5 Swim	1	4
		-	-	-	EGGS	-	EGGS	-	EGGS	-	EGGS	EGGS				
	Race Ready	-	-	-	-	-	6:00-7:00	-	-	-	4:30-5:30	7:30-8:30	3	3 Swim	1	2
		-	-	-	-	-	EGGS	-	-	-	EGGS	EGGS				
Recreation	SwimFit	7:00-8:00	-	7:00-8:00	-	-	-	7:00-8:00	5:45-7:00	7:00-8:00	-	-	5	5.25 Swim	4	1
		EGGS	-	EGGS	-	-	-	EGGS	EGGS	EGGS	-	-				

BOLD = Dryland before pool session. Saturday am for Gold and Age Black dryland is after pool session.