

**COMPETITIVE SQUAD TRAINING SCHEDULE**

Effective: 1 April 2025

April 2025		Banksia	Acacia	Wattle	Waratah	Bottlebrush	
		James Greadthead	George Hanretty	Daniel Benvenuti	Anne Donaïre	Matt Wilson	
1/04/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am			
	Tue PM				4pm - 6.00pm	4pm - 5.15pm Only	
2/04/2025	Wed AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	
	Wed PM	Utility lanes 4-7	Cancelled	Cancelled			
	Thu AM	5am - 7am	5am - 7am	5am - 7am			
3/04/2025	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm	
	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am	
4/04/2025	Fri PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm	
5/04/2025	Sat AM	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am		
6/04/2025	Sun						
	Mon AM	5am - 7am	5am - 7am	Wattle Squad Break	5am - 7am		
7/04/2025	Mon PM	4pm - 6.30pm	4pm - 6.30pm			4pm - 5.15pm 5.15pm - 6.30pm	
	Tue AM	5am - 7am	5am - 7am				
8/04/2025	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm	
	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am	
9/04/2025	Wed PM	4pm - 6.30pm	4pm - 6.30pm				
	Thu AM	5am - 7am	5am - 7am				
10/04/2025	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm	
	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am	
11/04/2025	Fri PM	4pm - 6.30pm	4pm - 6.30pm			4pm - 5.15pm 5.15pm - 6.30pm	
12/04/2025	Sat AM	6.00am-8.00am	6.00am-8.00am			6.00am-8.00am	
13/04/2025	Sun						
	Mon AM	5am - 7am	5am - 7am	Wattle Squad Break	Waratah Squad Break		
14/04/2025	Mon PM	4pm - 6.30pm	4pm - 6.30pm				4pm - 5.15pm 5.15pm - 6.30pm
	Tue AM	5am - 7am	5am - 7am				
15/04/2025	Tue PM						4pm - 5.15pm 5.15pm - 6.30pm
	Wed AM	5am - 7am	5am - 7am				5.45am-7.00am
16/04/2025	Wed PM	4pm - 6.30pm	4pm - 6.30pm				
	Thu AM	5am - 7am	5am - 7am				
17/04/2025	Thu PM				4pm - 5.15pm 5.15pm - 6.30pm		
18/04/2025	Fri AM	EASTER					
	Fri PM	EASTER					
19/04/2025	Sat AM	EASTER					
20/04/2025	Sun	EASTER					
21/04/2025	Mon AM	Banksia Squad break	Acacia Squad Break	Wattle Squad Break	Waratah Squad Break		
	Mon PM						
22/04/2025	Tue AM						
	Tue PM					4pm - 5.15pm 5.15pm - 6.30pm	
23/04/2025	Wed AM					5.45am-7.00am	
	Wed PM						
	Thu AM						
24/04/2025	Thu PM	4pm - 5.15pm 5.15pm - 6.30pm					
25/04/2025	Fri AM	ANZAC DAY					
	Fri PM	ANZAC DAY					
26/04/2025	Sat AM	Banksia Squad Break	Acacia Squad Break				
27/04/2025	Sun						
	Mon AM	5am - 7am	Acacia Squad Break	5am - 7am	5am - 7am		
28/04/2025	Mon PM	4pm - 6.30pm		4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm	
	Tue AM	5am - 7am		5am - 7am			
29/04/2025	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm	
	Wed AM	5am - 7am			5am - 7am	5.45am-7.00am	
30/04/2025	Wed PM	4pm - 6.30pm			4pm - 6.30pm		

Training Cancelled

Training Change

Pool Session - Training Pool