

Mill Park Swim Club Training Times:

Squad Training Times

		Mon			Tues		Wed			Thurs		Fri		Sat Nov/Mar						Sun Apr/Oct	
Morning Session	A M	Dev 6-7.30	Int 6-7.30	Fitness 6.00-7.30	State/State Dev 6.00-7.30		Dev 6-7.30	Int 6-7.30	State/State dev 6.00-7.30			State/State Dev 6.00-7.30		Jnr Club 9-10	Dev 9-10	Int 10-11.30	Snr Club 10-11	Fit 10-11.30	State 10-11.30		
Junior Club Squad	P M											Junior 6.45-7.45								Junior 3.00-4.00	
Senior Club Squad												Senior 7.45-8.45								Senior 4.00-5.00	
Fitness					Fitness 7.30-9.00					Fitness 7.30-9.00		Fitness 7.45-8.45								Fitness 4.00-5.30	
Development					Dev 5.30-6.30		Multi Class 5.15-6.00			Dev 5.30-6.30		Dev 6.45-7.45								Dev 3.00-4.00	
Intermediate					Int 6:30-8.00					Int 6:30-8.00		Int 7:45-8.45								Int 4.00-5.30	
Advanced		State/State Dev 6:30-8.00					State/State Dev 6:00-7.30					State/State Dev 7:45-8.45								State/State Dev 4.00-5.30	
Dryland												Junior 6.10-6.35									
												Senior 6.45-7.30									

Please note Multi Class is a squad session for swimmers of Mill Park Swim Club that have a disability.