

Gold squad: Term 4 2017		
Minimum 7 sessions per week + club membership and participation		
Monday	5.30-7.30 am Abbotsleigh	Gym 3.45-4.45 pm Swim 4.45-6.15 pm
Tuesday	5.30-7.30 am Knox	4.45-6.15 pm
Wednesday		Gym 3.45-4.45 pm Swim 4.45-5.15 pm
Thursday	5.30-7.30 am Knox	Club night: 4.45-6.45 pm
Friday	5.30-7.30 am Abbotsleigh	
Saturday	6-8 am Abbotsleigh	

Black squad: Term 4 2017		
Minimum 5 sessions per week + club membership and participation		
Monday	5.30-7.30 am	4.45-6.15 pm
Tuesday		4.45-6.15 pm Dryland 3.45-4.35 pm
Wednesday	5.30-7.30 am	
Thursday		4.45-6.15 pm Dryland 3.45-4.40 pm Club night: 4.45-6.45 pm
Friday	5.30-7.30 am	4.45-6.15 pm
Saturday	6-8 am	

White squad: Term 4 2017		
Minimum 4 sessions per week + club membership and participation		
Monday		4.45-6.15 pm
Tuesday		4.50-6.15 pm Dryland 4:20-4.50 pm
Wednesday	6-7.30 am	
Thursday		5:00-6.15 pm Dryland 4:30-5:00 pm Club night: 4.45-6.45 pm
Friday	6-7.30 am	4.45-6.15 pm
Saturday	6-8 am	

Junior challenge: Term 4 2017		
Minimum 2 sessions per week + club membership and participation		
Monday		3.45-4.45 pm
Tuesday		3.45-4.45 pm
Wednesday		4.15-5.15 pm
Thursday		3.45-4.45 pm Club night: 4.45-6.45 pm
Friday		3.45-4.45 pm
Saturday	8-9 am	