

COMPETITIVE SQUAD TRAINING SCHEDULE

Effective: 1 January 2025

January 2025	Banksia	Acacia	Wattle	Waratah	Bottlebrush	Events
	James Greadhead	George Hanretty	Daniel Benvenuti	-	Matt/Anne	
1/01/2024	Wed AM	SQUAD HOLIDAY				
	Wed PM					
2/01/2024	Thu AM					
	Thu PM					
3/01/2024	Fri AM					
	Fri PM					
4/01/2024	Sat AM					
5/01/2024	Sun					
6/01/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
	Mon PM	4pm - 6.30pm	4pm-6.15pm	4pm - 6.30pm	4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
7/01/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
8/01/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm-6.15pm	4pm - 6.30pm		
	Thu AM	5am - 7am	5am - 7am	5am - 7am		
9/01/2025	Thu PM				4pm - 6.30pm	4pm - 5.15pm 5.15pm - 6.30pm
	Fri AM	5am - 7am			5am - 7am	5.45am-7.00am
10/01/2025	Fri PM	4pm - 6.30pm	4pm- 6.15pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
	Sat AM	6am - 8am	6am - 8am	6am - 8am		Norwest Swim Club Meet 8.00am-5.00pm
12/01/2025	Sun					
13/01/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
	Mon PM	4pm - 6.30pm	4pm - 6.15pm	4pm - 6.30pm	4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
14/01/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am	5.00am-7.00am	
	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
15/01/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.15pm	4pm - 6.30pm		
	Thu AM	5am - 7am	5am - 7am	5am - 7am	5.00am-7.00am	5.45am-7.00am
16/01/2025	Thu PM					Cancelled
	Fri AM	Cancelled			Cancelled	Cancelled
	Fri PM	Cancelled	Cancelled	Cancelled		Cancelled
17/01/2025	Sat AM	Cancelled	Cancelled	Cancelled		Cancelled
18/01/2025	Sat AM	Cancelled	Cancelled	Cancelled		Australian Pool Lifesaving Championships 2025 7.30am-5.00pm
19/01/2025	Sun					
20/01/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
	Mon PM	4pm - 6.30pm	4pm - 6.15pm	4pm - 6.30pm	4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
21/01/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		5.45am-7.00am
	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
22/01/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
	Thu AM	5am - 7am	5am - 7am	5am - 7am		
23/01/2025	Thu PM				4pm - 6.30pm	4pm - 5.15pm 5.15pm - 6.30pm
	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
24/01/2025	Fri PM	Cancelled	Cancelled	Cancelled		Cancelled
25/01/2025	Sat AM	6am - 8am	6am - 8am	6am - 8am		Cancelled
26/01/2025	Sun					SW Sports Academy Swimming Carnival
27/01/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
	Mon PM	4pm - 6.30pm	4pm - 6.15pm	4pm - 6.30pm	4pm - 6.30pm	4pm - 5.15pm 5.15pm - 6.30pm
28/01/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	Tue PM				4pm - 6.30pm	4pm - 5.15pm 5.15pm - 6.30pm
29/01/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
	Thu AM	5am - 7am	5am - 7am	5am - 7am		
30/01/2025	Thu PM				4pm - 6.30pm	4pm - 5.15pm 5.15pm - 6.30pm
	Fri AM	5am - 7am			5am - 7am	5.45am-7.00am
31/01/2025	Fri PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
						SOPAC Swim Carnival 6.30pm-8pm.

Training Cancelled
 Training Change
 Pool Session - Training Pool