COMPETITIVE SQUAD TRAINING SCHEDULE

Effective: 1 January 2025

| January | 2025 | Banksia | Acacia | Wattle | Waratah | Bottlebrush | Events |
|--------------------------|------------------|---------------------------|---------------------------|---------------------------|---------------|----------------------------------|---|
| | | James Greathead | George Hanretty | Daniel Benvenuti | - | Matt/Anne | |
| 1/01/2024 | Wed AM Wed PM | | | | | | |
| 2/01/2024 | Thu AM | | | | | | |
| | Thu PM | | | SQUAD HOLIDAY | | | |
| 3/01/2024 | Fri AM Fri PM | | | | | | |
| 4/01/2024 | Sat AM | | | | | | |
| 5/01/2024 | Sun Mon AM | 5am - 7am | 5am - 7am | 5am - 7am | 5am - 7am | 1 | |
| 6/01/2025 | | | | | | 4pm - 5.15pm | |
| | Mon PM | 4pm - 6.30pm | 4pm-6.15pm | 4pm - 6.30pm | 4pm - 6.00pm | 5.15pm - 6.30pm | |
| 7/01/2025 | Tue AM | 5am - 7am | 5am - 7am | 5am - 7am | | 4pm - 5.15pm | |
| | Tue PM | | | | 4pm - 6.00pm | 5.15pm - 6.30pm | |
| 8/01/2025 | Wed AM | 5am - 7am | 5am - 7am | | 5am - 7am | 5.45am-7.00am | |
| | Wed PM Thu AM | 4pm - 6.30pm 5am - 7am | 4pm-6.15pm 5am - 7am | 4pm - 6.30pm 5am - 7am | | | |
| 9/01/2025 | Thu PM | ouni runi | oun run | oun run | 4pm - 6.30pm | 4pm - 5.15pm | |
| | | 5 7 | | | | 5.15pm - 6.30pm | |
| 10/01/2025 | Fri AM | 5am - 7am | | | 5am - 7am | 5.45am-7.00am 4pm - 5.15pm | |
| | Fri PM | 4pm - 6.30pm | 4pm- 6.15pm | 4pm - 6.30pm | | 5.15pm - 6.30pm | |
| 11/01/2025 12/01/2025 | Sat AM Sun | 6am - 8am | 6am - 8am | 6am - 8am | | | Norwest Swim Club Meet 8.00am-5.00pm |
| 12/01/2025 | Mon AM | 5am - 7am | 5am - 7am | 5am - 7am | 5am - 7am | | |
| 13/01/2025 | Mon PM | 4pm - 6.30pm | | 4pm - 6.30pm | 4pm - 6.00pm | 4pm - 5.15pm | |
| | Tue AM | 5am - 7am | 4pm - 6.15pm 5am - 7am | 5am - 7am | 5.00am-7.00am | 5.15pm - 6.30pm | |
| 14/01/2025 | Tue PM | Juli - 7 uli | Jain - Tain | Jan - Tan | 4pm - 6.00pm | 4pm - 5.15pm | |
| | | | | | | 5.15pm - 6.30pm | |
| 15/01/2025 | Wed AM Wed PM | 5am - 7am 4pm - 6.30pm | 5am - 7am 4pm - 6.15pm | 4pm - 6.30pm | 5am - 7am | 5.45am-7.00am | |
| 16/01/2025 | Thu AM | 5am - 7am | 5am - 7am | 5am - 7am | 5.00am-7.00am | 5.45am-7.00am | |
| 10/0 1/2020 | Thu PM | 0 11 1 | | | Cancelled | Cancelled | Australian Dari Liferanian Observice shine 2025 7 20am 5 00am |
| 17/01/2025 | Fri AM Fri PM | Cancelled Cancelled | Cancelled | Cancelled | Cancelled | Cancelled Cancelled | Australian Pool Lifesaving Championships 2025 7.30am-5.00pm |
| 18/01/2025 | Sat AM | Cancelled | Cancelled | Cancelled | | | |
| 19/01/2025 | Sun Mon AM | 5am - 7am | 5am - 7am | 5am - 7am | 5am - 7am | 1 | |
| 20/01/2025 | | | Sam - 7am | | | 4pm - 5.15pm | |
| | Mon PM | 4pm - 6.30pm | 4pm - 6.15pm | 4pm - 6.30pm | 4pm - 6.00pm | 5.15pm - 6.30pm | |
| 21/01/2025 | Tue AM | 5am - 7am | 5am - 7am | 5am - 7am | | 5.45am-7.00am 4pm - 5.15pm | |
| | Tue PM | | | | 4pm - 6.00pm | 5.15pm - 6.30pm | |
| 22/01/2025 | Wed AM | 5am - 7am | 5am - 7am | 4 0.00 | 5am - 7am | 5.45am-7.00am | |
| | Wed PM Thu AM | 4pm - 6.30pm 5am - 7am | 4pm - 6.30pm 5am - 7am | 4pm - 6.30pm 5am - 7am | | | |
| 23/01/2025 | Thu PM | Jam Fam | | oun run | 4pm - 6.30pm | 4pm - 5.15pm | |
| | Fri AM | 5am - 7am | Fam Zam | | 5am - 7am | 5.15pm - 6.30pm 5.45am-7.00am | |
| 24/01/2025 | Fri PM | Cancelled | 5am - 7am Cancelled | Cancelled | Jan - Tan | Cancelled | SW Sports Academy Swiiming Carnival |
| 25/01/2025 | Sat AM | 6am - 8am | 6am - 8am | 6am - 8am | | | · · |
| 26/01/2025 | Sun Mon AM | 5am - 7am | 5am - 7am | 5am - 7am | 5am - 7am | | |
| 2701/2025 | Mon PM | 4pm - 6.30pm | | 4pm - 6.30pm | 4pm - 6.30pm | 4pm - 5.15pm | 1 |
| | | | 4pm - 6.15pm | | 4pm = 0.30pm | 5.15pm - 6.30pm | |
| 28/01/2025 | Tue AM | 5am - 7am | 5am - 7am | 5am - 7am | | 4pm - 5.15pm | - |
| | Tue PM | | | | 4pm - 6.30pm | 5.15pm - 6.30pm | |
| 29/01/2025 | Wed AM Wed PM | 5am - 7am 4pm - 6.30pm | 5am - 7am 4pm - 6.30pm | 4nm 6 20nm | 5am - 7am | 5.45am-7.00am | |
| | Thu AM | 4pm - 6.30pm 5am - 7am | 4pm - 6.30pm 5am - 7am | 4pm - 6.30pm 5am - 7am | | | |
| 30/01/2025 | Thu PM | | | | 4pm - 6.30pm | 4pm - 5.15pm | 1 |
| | Fri AM | 5am - 7am | | | 5am - 7am | 5.15pm - 6.30pm 5.45am-7.00am | |
| 31/01/2025 | Fri PM | | 4nm 6.20nm | 4nm 6 20nm | Jain - Tain | 4pm - 5.15pm | |
| | FOPM | 4pm - 6.30pm | 4pm - 6.30pm | 4pm - 6.30pm | | 5.15pm - 6.30pm | SOPAC Swim Carnival 6.30pm-8pm. |

Training Cancelled Training Change Pool Session - Training Pool