



Squad Timetable

January - April 2026



SQUAD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
National Squad	AM: 6.15 - 8.00am (C) Pool PM: 5.00 - 5.50pm Land (C) PM: 6.00 - 8.30pm Pool (C)	PM: 6.00 - 8.30pm Pool (C)	AM: 6.15 - 7.45am Pool (DC)	PM: 6.00 - 7.30pm Pool (C)	AM: 6.15 - 8.00am Pool (C) PM: 7.30 - 9.30pm Pool (DC)	AM: 7.30-9.00am Pool (C)	
Regional Squad	PM: 5.00 - 5.50pm Land (C) PM: 6.00 - 8.00pm Pool	AM:6.15am-8.00am Pool (C) PM 6.30-8.30pm (C)		PM: 7.30 - 9.00pm Pool (CLC)	AM: 6.15-8am (C) PM: 7.30-9.30pm Pool (DC)	AM: 7.30-9.00am Pool (C)	
County Squad			PM: 5.00 - 5.50pm Land (C) PM: 6.00 - 8.00pm Pool (C)	PM: 7.00 - 8.00pm Pool (C)	PM: Classroom 5-6pm PM: Pool 6pm-8pm (C)	AM: 9.00-10.30am (C)	PM: 3.00-5.00pm (C)
Development Squad	PM: 5.30 - 7.00pm Pool (C)		PM: 5.00 - 5.50pm Land (C) PM: 6.00 - 6.45pm Pool (C)	PM: 6.00 - 7.00pm Pool (C)			PM: 3.00 - 4.00pm Pool (C) PM: 4.00-5.00pm Class (C)
Skills 2 Squad		PM: 5.30 - 6.30pm. Training pool (C)					PM: 4.00 - 5.00pm Pool (C)
Skills 1 Squad							PM: 4.00 - 5.00pm Pool (C) TP
Para / Para 2 Squad	PM: 7.00 - 8.00pm Pool (C) TP		PM 6.45-8pm (C) Selected swimmers only	PM: 7.00-8.00pm (C) Selected swimmers only	PM: 6.00 - 8.00pm Pool (C)		PM: 12.00 - 1.00pm Land (C) PM: 1.00 - 3.00pm Pool (C)
Youth Development			PM: 6.45 - 8.00pm Pool (C)				PM: 1.00pm-2.00pm (C)
Masters Squad	AM: 6.15 - 7.15 Pool (C)	PM: 6.00 - 8.00pm Pool (C)			PM: 7.00 - 8.00pm Pool (C)		
Start Para Swimming							PM: 2.00 - 3.00pm Pool (C)
Richmond Orca squad							PM: 4.00-5.00pm (C) TP