



ARTEMIS SWIMMING CLUB TRAINING SCHEDULE, TERM 1, 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Performance Squad 6:30 - 8:00am Development Squad 6:30 - 8:00am Triathlon Squad 6:30 - 8:00am SwimFit Squad 6:50 - 8:00am Dolphin Squad 6:50 - 8:00am	Performance Squad 6:30 - 8:00am Development Squad 6:30 - 8:00am Triathlon Squad 6:30 - 8:00am SwimFit Squad 6:50 - 8:00am	Athletic Development 6:30 - 7:00am Performance Squad 7:00 - 8:00am Development Squad 7:00 - 8:00am SwimFit Squad 7:00 - 8:00am GSV Swim Team 7:00 - 8:00am	Water Polo Training 6:15 - 7:15am	Performance Squad 6:30 - 8:00am Development Squad 6:30 - 8:00am Triathlon Squad 6:30 - 8:00am SwimFit Squad 6:50 - 8:00am	Performance Squad 8:00 - 9:30am Development Squad 8:00 - 9:30am Triathlon Squad 8:00 - 9:30am SwimFit Squad 8:00 - 9:30am Dolphin Squad 8:00 - 9:30am
AFTERNOON	Water Polo Training 3:30 - 5:00pm	GSV Water Polo Competition 4:00 - 5:00pm	Dolphin Squad 3:45 - 5:00pm	Athletic Development 3:30 - 4:00pm Performance Squad 4:00 - 5:30pm Development Squad 4:00 - 5:30pm Triathlon Squad 4:00 - 5:30pm SwimFit Squad 4:00 - 5:30pm	Dolphin Squad 3:45 - 5:00pm	Water Polo Training 3:00 - 4:30pm
EVENING		Merton Squad (Adult Squad) 6:15 - 7:45pm		Merton Squad (Adult Squad) 6:15 - 7:45pm		