

**CGGS AQUATIC : SQUAD TRAINING TIMETABLE - TERM 3, 2019**

Day	State Performance Squad : MINIMUM 5 of 7 swim sessions / week + Physiohealth		State Squad : MINIMUM 5 of 7 swim sessions / week + Physiohealth		State Target Squad : MINIMUM 4 of 6 swim sessions / week + Dryland		Emerging Squad A : MINIMUM 3 of 4 sessions / week + Dryland		Emerging Squad B : MINIMUM 3 of 4 sessions / week + Dryland		Development Squad : MINIMUM 2 of 3 sessions / week		
	Time	Location	Time	Location	Time	Location	Time	Location	Time	Location	Time	Location	
Mon	AM	5.15 - 7.00	CGGS : Peter / James	5.15 - 7.00	CGGS : Peter / James								
	PM							5.00 - 6.30	CGGS : Peter	4.00 - 5.00	CGGS : Peter	4.00 - 5.00	CGGS : Caradoc
	PM									5.15 - 5.45 Dryland	CGGS : Caradoc	5.15 - 5.45 Dryland (Compulsory)	CGGS : Caradoc
Tue	AM	5.45 - 7.30	CGGS : Peter / James	5.45 - 7.30	CGGS : Peter / James								
	PM	5.00 - 7.00	CGGS : Peter	5.00 - 6.30	CGGS : Peter								
Wed	AM							6.00 - 7.30	CGGS : James				
	PM							4.00 - 4.45 Dryland	CGGS : Caradoc				
	PM	6.30 - 8.00	CGGS : Peter	6.30 - 8.00	CGGS : Peter	5.00 - 6.30	CGGS : Peter	5.00 - 6.30	CGGS : Caradoc	5.00 - 6.30	CGGS : Caradoc		
Thu	AM	5.45 - 7.30	CGGS : Peter	5.45 - 7.30	CGGS : Peter								
	PM							4.00 - 5.30	CGGS : Peter			4.00 - 5.00	CGGS : Caradoc
Fri	AM												
	PM	4.45 - 5.45pm Gym	Kew Physio Health										
	PM	6.15 - 8.00	CGGS : Peter	6.15 - 8.00	CGGS : Peter	5.00 - 6.30	CGGS : James	5.00 - 6.30	CGGS : Caradoc	5.00 - 6.30	Caradoc	4.00 - 5.00	CGGS : Caradoc
Sat	AM	6.15 - 8.30	CGGS : Peter	6.15 - 8.00	CGGS : Peter	6.15 - 8.00	CGGS : Caradoc	8.00 - 9.30	CGGS : Caradoc	8.00 - 9.30	CGGS : Caradoc		
				9.00 - 10.00	Kew Physio Health								

**NOTE : THE COST OF PHYSIOHEALTH SESSIONS IS OVER AND ABOVE THE SQUAD TRAINING FEES. SWIMMERS ATTENDING THESE SESSIONS WILL MAKE PAYMENT DIRECTLY TO PHYSIOHEALTH**