

Squad Training Timetable

Gold

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 - 7:30 am		5:30 - 7:30 am	5:30 - 7:30 am	5:30 - 7:30 am	7:00 - 8:00 am
5:00 - 6:30 pm					

Silver

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 - 7:00 am		5:30 - 7:00 am	5:30 - 7:00 am	5:30 - 7:00 am	7:00 - 8:00 am
5:00 - 6:30 pm					

Bronze

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 - 7:00 am		6:00 - 7:00 am	6:00 - 7:00 am	6:00 - 7:00 am	7:00 - 8:00 am
4:00 - 5:00 pm					

**Gungahlin Leisure Centre: Home to the Canberra
Amateur Swim Club and Dragons Water Polo Club.**

Squad Training Timetable

Masters

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 - 7:30 am		6:00 - 7:30 am	6:00 - 7:30 am	6:00 - 7:30 am	7:00 to 8:00 am
	6:30 - 8:00 pm				

Swim Fit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 - 5:00 pm					

Water Polo Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 - 7:30 am		5:30 - 7:30 am		5:30 - 7:30 am	
5:30 - 6:30 pm		5:30 - 6:30 pm			

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