

COMPETITIVE SQUAD TRAINING SCHEDULE
Effective: 1 December 2024

| DEC 2024 | | Banksia | Acacia | Wattle | Waratah | Bottlebrush | Events | | | | | | |
|------------|--------|-----------------|--------------|--------------|--------------|---------------------------------|---|--|--|--|--|--|--|
| 1/12/2024 | Sun | | | | | | | | | | | | |
| 2/12/2024 | Mon AM | 6am - 8.30am | 6am - 8.30am | 6am - 8.30am | 6am - 8.30am | | | | | | | | |
| | Mon PM | 4pm - 6.30pm | 4pm - 6.30pm | 4pm - 6.30pm | 4pm - 6pm | 4pm - 5.15pm 5.15pm - 6.30pm | | | | | | | |
| 3/12/2024 | Tue AM | 5am - 7am | 5am - 7am | 5am - 7am | | 5.45am - 7am | | | | | | | |
| | Tue PM | | | | 4pm - 6pm | 4pm - 5.15pm 5.15pm - 6.30pm | | | | | | | |
| 4/12/2024 | Wed AM | 5am - 7am | 5am - 7am | | 5am - 7am | 5.45am - 7am | | | | | | | |
| | Wed PM | 4pm - 6.30pm | 4pm - 6.30pm | 4pm - 6.30pm | | | | | | | | | |
| 5/12/2024 | Thu AM | 5am - 7am | 5am - 7am | 5am - 7am | | | | | | | | | |
| | Thu PM | | | | 4pm - 6pm | 4pm - 5.15pm 5.15pm - 6.30pm | | | | | | | |
| 6/12/2024 | Fri AM | 5am - 7am | | | 5am - 7am | 5.45am - 7am | | | | | | | |
| | Fri PM | Cancelled | Cancelled | Cancelled | | 4pm - 5.15pm 5.15pm - 6.30pm | | | | | | | |
| 7/12/2024 | Sat AM | Cancelled | Cancelled | Cancelled | | | SNSW Senior State Age Championships .Swimming NSW 7.30am-9.00pm | | | | | | |
| 8/12/2024 | Sun | | | | | | | | | | | | |
| 9/12/2024 | Mon AM | 5am - 7am | 5am - 7am | 5am - 7am | 5am - 7am | 5.45am - 7am | | | | | | | |
| | Mon PM | Cancelled | Cancelled | Cancelled | Cancelled | Cancelled | | | | | | | |
| 10/12/2024 | Tue AM | 5am - 7am | 5am - 7am | 5am - 7am | 5am - 7am | 5.45am - 7am | | | | | | | |
| | Tue PM | Cancelled | Cancelled | Cancelled | Cancelled | Cancelled | | | | | | | |
| 11/12/2024 | Wed AM | 5am - 7am | 5am - 7am | | 5am - 7am | 5.45am - 7am | | | | | | | |
| | Wed PM | Cancelled | Cancelled | Cancelled | | Cancelled | | | | | | | |
| 12/12/2024 | Thu AM | 5am - 7am | 5am - 7am | 5am - 7am | 5am - 7am | 5.45am - 7am | | | | | | | |
| | Thu PM | Cancelled | Cancelled | Cancelled | Cancelled | Cancelled | | | | | | | |
| 13/12/2024 | Fri AM | 5am - 7am | 5am - 7am | 5am - 7am | 5am - 7am | 5.45am - 7am | | | | | | | |
| | Fri PM | Cancelled | Cancelled | Cancelled | Cancelled | Cancelled | | | | | | | |
| 14/12/2024 | Sat AM | Cancelled | Cancelled | Cancelled | Cancelled | Cancelled | 2024 State Water Polo Championships. NSW Water Polo Inc | | | | | | |
| 15/12/2024 | Sun | | | | | | | | | | | | |
| 16/12/2024 | Mon AM | 5am - 7am | 5am - 7am | 5am - 7am | 5am - 7am | 5.45am - 7am | | | | | | | |
| | Mon PM | Cancelled | Cancelled | Cancelled | Cancelled | Cancelled | | | | | | | |
| 17/12/2024 | Tue AM | 5am - 7am | 5am - 7am | 5am - 7am | 5am - 7am | 5.45am - 7am | | | | | | | |
| | Tue PM | | | | Cancelled | Cancelled | | | | | | | |
| 18/12/2024 | Wed AM | 5am - 7am | 5am - 7am | 5am - 7am | 5am - 7am | 5.45am - 7am | | | | | | | |
| | Wed PM | Cancelled | Cancelled | Cancelled | Cancelled | Cancelled | | | | | | | |
| 19/12/2024 | Thu AM | 5am - 7am | 5am - 7am | 5am - 7am | 5am - 7am | 5.45am - 7am | | | | | | | |
| | Thu PM | | | | Cancelled | Cancelled | | | | | | | |
| 20/12/2024 | Fri AM | 5am - 7am | 5am - 7am | 5am - 7am | 5am - 7am | 5.45am - 7am | | | | | | | |
| | Fri PM | Cancelled | Cancelled | Cancelled | Cancelled | Cancelled | | | | | | | |
| 21/12/2024 | Sat AM | TBC | TBC | TBC | TBC | TBC | | | | | | | |
| 22/12/2024 | Sun | | | | | | 2024 State Water Polo Championships. NSW Water Polo Inc | | | | | | |
| 23/12/2024 | Mon AM | Christmas Break | | | | | | | | | | | |
| | Mon PM | | | | | | | | | | | | |
| 24/12/2024 | Tue AM | | | | | | | | | | | | |
| | Tue PM | | | | | | | | | | | | |
| 25/12/2024 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| 26/12/2024 | Thu AM | | | | | | | | | | | | |
| | Thu PM | | | | | | | | | | | | |
| 27/12/2024 | Fri AM | | | | | | | | | | | | |
| | Fri PM | | | | | | | | | | | | |
| 28/12/2024 | Sat AM | | | | | | | | | | | | |
| 29/12/2024 | Sun | | | | | | | | | | | | |
| 30/12/2024 | Mon AM | | | | | | Christmas Break | | | | | | |
| | Mon PM | | | | | | | | | | | | |
| 31/12/2024 | Tue AM | | | | | | | | | | | | |
| | Tue PM | | | | | | | | | | | | |

Pool Session - Training Pool
Pool Session - Diving Pool
Session Cancelled