

COMPETITIVE SQUAD TRAINING SCHEDULE

Effective: 1 April 2025

April 2025		Banksia	Acacia	Wattle	Waratah	Bottlebrush	Events					
		James Greathhead	George Hanretty	Daniel Benvenuti	Anne Donaire	Matt Wilson						
1/04/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am								
	Tue PM				4pm - 6.00pm	4pm - 5.15pm Only	Sydney Uni Swimming and Diving carnival 6.00pm-10.00pm.					
2/04/2025	Wed AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am						
	Wed PM	Utility lanes 4-7	Cancelled	Cancelled			Catholic Schools NSW Sport Services 7.00M-8.00PM (Utility lanes only available till 6pm)					
3/04/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am								
	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm						
4/04/2025	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am						
	Fri PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm						
5/04/2025	Sat AM	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am		No Utility lanes available Comp lanes 0-9					
6/04/2025	Sun											
7/04/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am							
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm						
8/04/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am								
	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm						
9/04/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am						
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm								
10/04/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am								
	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm						
11/04/2025	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am						
	Fri PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm						
12/04/2025	Sat AM	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am							
13/04/2025	Sun											
14/04/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am							
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm						
15/04/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am								
	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm						
16/04/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am						
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm								
17/04/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am								
	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm						
18/04/2025	Fri AM	EASTER						Centre Closed				
	Fri PM											
19/04/2025	Sat AM											
20/04/2025	Sun											
21/04/2025	Mon AM	ANZAC DAY						Centre Closed				
	Mon PM											
22/04/2025	Tue AM						5am - 7am		5am - 7am	5am - 7am		
	Tue PM										4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
23/04/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am						
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm								
24/04/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am								
	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm						
25/04/2025	Fri AM	ANZAC DAY						Centre Closed				
	Fri PM											
26/04/2025	Sat AM	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am							
27/04/2025	Sun											
28/04/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am							
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm						
29/04/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am								
	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm						
30/04/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am						
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm								

Training Cancelled
 Training Change
 Pool Session - Training Pool