

All Saints' Swimming Club Squad Program - 2024

	Sessions Per Week	Mon	Tues	Wed	Thurs	Fri	Sat
Development Squad	1-2	3.45 – 4.30 pm	3.45 – 4.30 pm	3.45 – 4.30 pm	3.45 – 4.30 pm	3.45 – 4.30 pm	8.00 – 8.45 am
Level 1 Squad	2 - 3	3.45 – 4.45 pm	3.45 – 4.45 pm	3.45 – 4.45 pm	3.45 – 4.45 pm	3.45 – 4.45 pm	7.30 – 8.30 am
Level 2 Squad	3 – 5		4.45 – 5.45 pm	4.45 – 5.45 pm	4.45 – 5.45 pm	4.45 – 5.45 pm	7.00 – 8.00 am
Level 3 Squad	3 – 6	4.45 – 6.15 pm	5.00 – 6.30 pm	4.45 – 6.15 pm	5.00 – 6.30 pm	4.45 – 6.15 pm	7.00 – 8.00 am
Junior High Performance Squad	4 – 6	5.30 – 7.15 am 4.15 – 6.00 pm	5.30 – 7.15 am	5.30 – 7.15 am 4.15 – 6.00 pm	5.30 – 7.15 am	5.30 – 7.15 am 4.15 – 6.00 pm	
High Performance Squad	6 - 9	5.15 – 7.15 am 4.30 – 6.00 pm	5.30 – 7.15 am	5.15 – 7.15 am 4.30 – 6.00 pm	5.30 – 7.15 am	5.15 – 7.15 am 4.30 – 6.00 pm	7.30 – 9.30 am

***Please note that squads continue all year except for public holidays or unless advised by coaching staff.**