



Alpha & Omega Swimming

Training Timetable

*All sessions held at Mercedes College

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM			SWIMMING State/ Silver/ Gold 6:00-7:30pm		SWIMMING State / Silver/Gold 6:00-7:30	SWIMMING State/ Gold/ Silver/ Bronze/Bronze Junior 7:00-8:30
PM	SWIMMING Bronze Junior/ Bronze/ Silver 4:00-5:30pm State/ Gold 4:00-6:00pm	Group Fitness Training 4:00-4:45 SWIMMING Bronze Junior/ Bronze/ Silver 4:45-5:30pm State/ Gold 4:45-6:00pm	SWIMMING Bronze Junior/Bronze/ Silver 4:00-5:30 State/ Gold 4:00-6:00pm	Group Fitness Training 4:00-4:45 SWIMMING Bronze Junior/ Bronze/ Silver 4:45-5:30pm State/ Gold 4:45-6:00pm		