

SURREY PARK TRAINING TIMETABLE TERM 3 2024

HIGH PERFORMANCE SQUAD												
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Location	Balwyn	Balwyn	AQBH	Balwyn	OFF	Balwyn	AQBH	Balwyn	AQBH	OFF	Balwyn Swim/AQBH Gym	
Activation	5.10 - 5.30am	2.40 - 3.00pm	6.00 - 6.20am	2.40 - 3.00pm		2.40 - 3.00pm	6.00 - 6.20am	2.40 - 3.00pm	5.00 - 5.15am		5.40 - 6.00am	7.10 - 7.30am
Swim	5.30 - 7.30am	3.00 - 5.00pm	6.20 - 7.45am	3.00 - 5.00pm		3.00 - 5.00pm	6.20 - 7.45am	3.00 - 5.00pm	5.15 - 7.45am		6.00 - 8.15am	7.30 - 9.30am
Gym AQBH			7.45 - 9.30am				7.45 - 9.30am				8.30 - 9.45am	5.45 - 7.00am
Notes											Distance	Sprint
OPEN PERFORMANCE & OPEN WATER SQUADS												
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Location	AQBH	Trinity	Balwyn	Balwyn Open Water	AQBH	Trinity	Blackburn	Balwyn Open Water	OFF	Hawthorn	AQBH Outside	
Activation		5.00 - 5.15pm	5.15 - 5.30am	2.40 - 3.00pm		5.00 - 5.15pm	5.15 - 5.30am	2.40 - 3.00pm		4.15 - 4.30pm	5.45 - 6.00am	
Swim	6.20 - 7.45am	5.15 - 7.15pm	5.30 - 7.30am	3.00 - 5.00pm	6.20 - 7.45am	5.15 - 7.15pm	5.30 - 7.30am	3.00 - 5.00pm		4.30 - 6.30pm	6.00 - 8.00am	
Gym AQBH	5.00 - 6.20am				5.00 - 6.20am						8.00 - 9.30am	
HIGH PERFORMANCE TRANSITION SQUAD												
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Location	Balwyn	Balwyn	AQBH	Balwyn	OFF	Balwyn	AQBH	Balwyn	AQBH	OFF	Balwyn Swim/AQBH Gym	
Activation	5.10 - 5.30am	4.40 - 5.00pm		2.40 - 3.00pm		2.40 - 3.00pm		2.40 - 3.00pm	5.10 - 5.15am		5.40 - 6.00am	7.10 - 7.30am
Swim	5.30 - 7.30am	5.00 - 7.00pm	6.15 - 7.45am	3.00 - 5.00pm		3.00 - 5.00pm	6.15 - 7.45am	3.00 - 5.00pm	5.15 - 7.45pm		6.00 - 8.15am	7.30 - 9.30am
Gym AQBH			5.00 - 6.15am				5.00 - 6.15am				8.30 - 9.45am	5.45 - 7.00am
Notes											Distance	Sprint
NATIONAL AGE PERFORMANCE SQUAD												
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Location	Balwyn	Balwyn	AQBH	OFF	OFF	Balwyn	AQBH	Balwyn	Balwyn	OFF	AQBH Sprint	Balwyn Distance
Activation	5.10 - 5.30am	4.40 - 5.00pm	5.00 - 5.15am			4.40 - 5.00pm	5.00 - 5.15am	4.40 - 5.00pm	5.10 - 5.30am		5.45 - 6.00am	5.40 - 6.00am
Swim	5.30 - 7.30am	5.00 - 7.00pm	5.15 - 6.20am			5.00 - 7.00pm	5.15 - 6.20am	5.00 - 7.00pm	5.30 - 7.30am		6.00 - 8.00am	6.00 - 8.00am
Gym AQBH			6.30 - 7.45am				6.30 - 7.45am				8.15 - 9.30am	8.15 - 9.30am
NATIONAL TARGET SQUAD												
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Location	Blackburn	OFF	AQBH	Balwyn	OFF	Balwyn	AQBH	Balwyn	OFF	OFF	AQBH Sprint	Balwyn Distance
Activation	5.10 - 5.30am		5.00 - 5.15am	4.40 - 5.00pm		4.40 - 5.00pm	5.00 - 5.15am	4.40 - 5.00pm			5.45 - 6.00am	5.40 - 6.00am
Swim	5.30 - 7.30am		5.15 - 6.20am	5.00 - 7.00pm		5.00 - 7.00pm	5.15 - 6.20am	5.00 - 7.00pm			6.00 - 8.00am	6.00 - 8.15am
Gym AQBH			6.30 - 7.45am				6.30 - 7.45am					
STATE PERFORMANCE SQUAD												
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Location	AQBH	Trinity	OFF	Balwyn	AQBH	OFF	Balwyn		OFF	Hawthorn	AQBH Sprint	Balwyn Distance
Activation	5.00 - 5.15am	5.00 - 5.15pm		4.40 - 5.00pm	5.00 - 5.15am		5.15 - 5.30am			4.15 - 4.30pm	5.45 - 6.00am	5.40 - 6.00am
Swim	5.15 - 6.20am	5.15 - 7.15pm		5.00 - 7.00pm	5.15 - 6.20am		5.30 - 7.30am			4.30 - 6.30pm	6.00 - 8.00am	6.00 - 8.15am
Gym AQBH	6.30 - 7.45am				6.30 - 7.30am							
STATE JUNIOR SQUAD												
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Location	Blackburn Invitation Only	OFF	Blackburn	Balwyn Invitation Only	OFF	AQBH	OFF	Trinity	Blackburn	OFF	AQBH Indoor	
Activation	5.15 - 5.30am		5.15 - 5.30am	4.40 - 5.00pm				5.00 - 5.15pm	5.15 - 5.30am		5.45 - 6.00am	
Swim	5.30 - 7.30am		5.30 - 7.30am	5.00 - 7.00pm		5.30 - 7.00pm		5.15 - 7.15pm	5.30 - 7.30am		6.00 - 8.00am	
Gym AQBH						4.00 - 5.30pm						
STATE TARGET SQUAD												
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Location	OFF	OFF	AQBH Indoor	Trinity	AQBH	Trinity	OFF	Trinity	OFF	OFF	AQBH Outdoor	
Activation			5.50 - 6.00am	5.00 - 5.15pm	5.00 - 5.15am	5.00 - 5.15pm		5.00 - 5.15pm			7.45 - 8.00am	
Swim			6.00 - 7.30am	5.15 - 7.15pm	5.15 - 6.20am	5.15 - 7.15pm		5.15 - 7.15pm			8.00 - 9.30am	
Gym AQBH					6.30 - 7.30am							

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STATE DEVELOPMENT SQUAD												
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Location	OFF	AQBH	OFF	Trinity	Blackburn	OFF	OFF	AQBH	Blackburn <i>Invitation Only</i>	OFF	AQBH Outdoor	
Activation		3.50 - 4.00pm		5.00 - 5.15pm	5.15 - 5.30am			5.15 - 5.30pm	5.15 - 5.30am		7.45 - 8.00am	
Swim		4.00 - 5.30pm		5.15 - 7.15pm	5.30 - 7.30am			5.30 - 7.00pm	5.30 - 7.30am		8.00 - 9.30am	
JUNIOR ADVANCED SQUAD												
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Location	AQBH Indoor	OFF	OFF	AQBH	OFF	AQBH	OFF	OFF	OFF	AQBH	Blackburn	
Activation	5.50 - 6.00am			5.15 - 5.30pm		3.50 - 4.00pm				5.15 - 5.30pm	5.30 - 5.45am	
Swim	6.00 - 7.30am			5.30 - 7.00pm		4.00 - 5.30pm				5.30 - 7.00pm	5.45 - 7.15am	
JUNIOR INTERMEDIATE SQUAD												
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Location	OFF	AQBH	OFF	AQBH	OFF	OFF	OFF	Blackburn	OFF	OFF	Blackburn	
Activation		5.15 - 5.30pm		3.50 - 4.00pm				6.15 - 6.30pm			5.30 - 5.45am	
Swim		5.30 - 7.00pm		4.00 - 5.30pm				6.30 - 7.45pm			5.45 - 7.15am	
JUNIOR BEGINNER SQUAD												
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Location	OFF	OFF	OFF	Blackburn	OFF	OFF	OFF	AQBH	OFF	AQBH	Strathcona	
Activation				6.15 - 6.30pm				3.50 - 4.00pm		3.50 - 4.00pm	6.15 - 6.30am	
Swim				6.30 - 7.45pm				4.00 - 5.30pm		4.00 - 5.30pm	6.30 - 8.00am	
TRAINING POOLS	Aqualink Box Hill/AQBH: Surrey Drive, Box Hill						Blackburn/BB: 313 Middleborough Rd, Box Hill Sth (between Spotlight and Anaconda)					
	Strathcona Girls Grammar Pool: Surrey Park access via Bryson St entrance, Canterbury						Balwyn (Boroondarra Sports Complex): 271C Belmore Rd, Nth Balwyn					
	Trinity Grammar School Pool: Surrey Park access is via Stanley St gate (only), Kew						Hawthorn Aquatic & Leisure Centre: 1 Grace St, Hawthorn					