

SURREY PARK TRAINING TIMETABLE AS OF 22 SEPTEMBER

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
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 - 8.00am
Gym AQBH			7.45 - 9.30am				7.45 - 9.30am				8.15 - 9.45am
OPEN PERFORMANCE - SPRINT & OPEN WATER SQUADS											
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Location	AQBH	Trinity	Balwyn	Balwyn <i>Open Water</i>	AQBH	Trinity	Blackburn	Balwyn <i>Open Water</i>	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
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 - 8.00am
Gym AQBH			5.00 - 6.15am				5.00 - 6.15am				8.15 - 9.45am
NATIONAL AGE PERFORMANCE SQUAD											
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Location	Balwyn	Balwyn	AQBH	OFF	OFF	Balwyn	AQBH	Balwyn	Balwyn	OFF	AQBH Gym/Balwyn Swim
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		
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		8.00 - 9.30am
Gym AQBH			6.30 - 7.45am				6.30 - 7.45am				5.45 - 7.30am
NATIONAL TARGET SQUAD											
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Location	Blackburn	OFF	AQBH	Balwyn	OFF	AQBH	AQBH	OFF	Blackburn	OFF	AQBH
Activation	5.15 - 5.30am		5.00 - 5.15am	4.40 - 5.00pm			5.00 - 5.15am		5.15 - 5.30am		5.45 - 6.00am
Swim	5.30 - 7.30am		5.15 - 6.20am	5.00 - 7.00pm		5.30 - 7.00pm	5.15 - 6.20am		5.30 - 7.30am		6.00 - 8.00am
Gym AQBH			6.30 - 7.45am			4.00 - 5.30pm	6.30 - 7.45am				
STATE PERFORMANCE SQUAD											
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Location	AQBH	Trinity	OFF	Balwyn	AQBH	OFF	Balwyn		OFF	Hawthorn	AQBH
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
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
Gym AQBH	6.30 - 7.45am				6.30 - 7.30am						
STATE SENIOR SQUAD											
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Location	AQBH <i>By Invitation</i>	Trinity	OFF	OFF	AQBH	Trinity	Blackburn <i>By Invitation</i>	OFF	AQBH Indoors	OFF	AQBH Outdoors
Activation		5.00 - 5.15pm				5.00 - 5.15pm	5.15 - 5.30am				7.45 - 8.00am
Swim	6.20 - 7.45am	5.15 - 7.15pm			6.20 - 7.45am	5.15 - 7.15pm	5.30 - 7.30am		6.00 - 7.30am		8.00 - 9.30am
Gym AQBH	5.00 - 6.20am				5.00 - 6.20am				5.00 - 6.00am		
STATE JUNIOR SQUAD											
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Location	OFF	OFF	Blackburn	Balwyn <i>Invitation Only</i>	OFF	AQBH	OFF	Trinity	Blackburn	OFF	AQBH Indoors
Activation			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	5.00 - 7.00pm		5.30 - 7.00pm		5.15 - 7.15pm	5.30 - 7.30am		6.00 - 8.00am
Gym AQBH						4.00 - 5.30pm					

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STATE TARGET SQUAD										
	Monday		Tuesday		Wednesday		Thursday		Friday	
Location	OFF	OFF	AQBH Indoors	Trinity	OFF	OFF	OFF	Trinity	AQBH Indoors	OFF
Activation			5.50 - 6.00am	5.00 - 5.15pm				5.00 - 5.15pm		
Swim			6.00 - 7.30am	5.15 - 7.15pm				5.15 - 7.15pm	6.00 - 7.30am	
Gym AQBH									5.00 - 6.00am	
STATE DEVELOPMENT SQUAD										
	Monday		Tuesday		Wednesday		Thursday		Friday	
Location	OFF	AQBH	OFF	Trinity	Blackburn	OFF	OFF	AQBH	Blackburn <i>Invitation Only</i>	OFF
Activation		3.50 - 4.00pm		5.00 - 5.15pm	5.15 - 5.30am			5.15 - 5.30pm	5.15 - 5.30am	
Swim		4.00 - 5.30pm		5.15 - 7.15pm	5.30 - 7.30am			5.30 - 7.00pm	5.30 - 7.30am	
JUNIOR ADVANCED SQUAD										
	Monday		Tuesday		Wednesday		Thursday		Friday	
Location	AQBH Indoor	OFF	OFF	AQBH	OFF	AQBH	OFF	OFF	OFF	AQBH
Activation	5.50 - 6.00am			5.15 - 5.30pm		3.50 - 4.00pm				5.15 - 5.30pm
Swim	6.00 - 7.30am			5.30 - 7.00pm		4.00 - 5.30pm				5.30 - 7.00pm
JUNIOR INTERMEDIATE SQUAD										
	Monday		Tuesday		Wednesday		Thursday		Friday	
Location	OFF	AQBH	OFF	AQBH	OFF	OFF	OFF	Blackburn	OFF	OFF
Activation		5.15 - 5.30pm		3.50 - 4.00pm				6.15 - 6.30pm		
Swim		5.30 - 7.00pm		4.00 - 5.30pm				6.30 - 7.45pm		
JUNIOR BEGINNER SQUAD										
	Monday		Tuesday		Wednesday		Thursday		Friday	
Location	OFF	OFF	OFF	Blackburn	OFF	OFF	OFF	AQBH	OFF	AQBH
Activation				6.15 - 6.30pm				3.50 - 4.00pm		3.50 - 4.00pm
Swim				6.30 - 7.45pm				4.00 - 5.30pm		4.00 - 5.30pm
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				