

# SURREY PARK TRAINING TIMETABLE AS OF 5 MAY

| 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<br><i>Open Water</i>      | AQBH          | Trinity       | Blackburn                         | Balwyn<br><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                                      | Blackburn<br>to 9 June              | 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                     |                             |                 |               | 6.00 - 7.30am        |
| NATIONAL TARGET SQUAD                         |                                     |               |               |                                  |               |               |                                   |                             |                 |               |                      |
|   | Monday                              |               | Tuesday       |                                  | Wednesday     |               | Thursday                          |                             | Friday          |               | Saturday             |
| Location                                      | Blackburn                           | OFF           | AQBH          | Balwyn                           | OFF           | Balwyn        | AQBH                              | Balwyn                      | OFF             | OFF           | AQBH                 |
| 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        |
| 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        |
| 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                 |
| 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<br><i>By Invitation</i>        | Trinity       | OFF           | OFF                              | AQBH          | Trinity       | Blackburn<br><i>By Invitation</i> | OFF                         | AQBH<br>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                                      | Blackburn<br><i>Invitation Only</i> | OFF           | Blackburn     | Balwyn<br><i>Invitation Only</i> | OFF           | AQBH          | OFF                               | Trinity                     | Blackburn       | OFF           | AQBH Indoors         |
| 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 |                                   |                             |                 |               |                      |

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| STATE TARGET SQUAD        |  |               |                 |               |               |   |          |               |                                     |               |
|---------------------------|--|---------------|-----------------|---------------|---------------|---|----------|---------------|-------------------------------------|---------------|
|                           | Monday   |               | Tuesday         |               | Wednesday     |   | Thursday |               | Friday                              |               |
| Location                  | OFF  | OFF           | AQBH<br>Indoors | Trinity       | OFF           | OFF   | OFF      | Trinity       | AQBH<br>Indoors                     | OFF           |
| Activation                |  |               | 5.50 - 6.00am   | 5.00 - 5.15pm |               |   |          | 5.00 - 5.15pm |                                     | 7.45 - 8.00am |
| Swim                      |  |               | 6.00 - 7.30am   | 5.15 - 7.15pm |               |   |          | 5.15 - 7.15pm | 6.00 - 7.30am                       | 8.00 - 9.30am |
| Gym AQBH                  |  |               |                 |               |               |   |          |               | 5.00 - 6.00am                       |               |
| STATE DEVELOPMENT SQUAD   |  |               |                 |               |               |   |          |               |                                     |               |
|                           | Monday   |               | Tuesday         |               | Wednesday     |   | Thursday |               | Friday                              |               |
| Location                  | OFF  | AQBH          | OFF             | Trinity       | Blackburn     | OFF   | OFF      | AQBH          | Blackburn<br><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                       | 5.30 - 5.45am |
| Swim                      |  | 4.00 - 5.30pm |                 | 5.15 - 7.15pm | 5.30 - 7.30am |   |          | 5.30 - 7.00pm | 5.30 - 7.30am                       | 5.45 - 7.15am |
| 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 |                                     | 6.15 - 6.30am |
| Swim                      |  | 5.30 - 7.00pm |                 | 4.00 - 5.30pm |               |   |          | 6.30 - 7.45pm |                                     | 6.30 - 8.00am |
| 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<br>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                           |          |               |                                     |               |