

# CLUB SQUAD SESSIONS - TERM 4, 2022



SQUAD	National Squad	State Squad	Development Squad	Surf Squad
<b>MONDAY</b>	5 - 7am Dryland 4:20-4:50pm Pool 5 - 7pm	7 - 8am Dryland 4:50-5:20pm Pool 5:30 - 7pm	7 - 8am 4 - 5:30pm	5 - 7am
<b>TUESDAY</b>	5 - 7am Dryland 4:20-4:50pm Pool 5 - 7pm	7 - 8am Dryland 4:50-5:20pm Pool 5:30 - 7pm	4 - 5:30pm	5 - 7am
<b>WEDNESDAY</b>	Pool 4:30-6:30pm GYM 6:45-7:45pm	7 - 8am Dryland 4:50-5:20pm Pool 5:30 - 7pm	7 - 8am 4 - 5:30pm	5 - 7am
<b>THURSDAY</b>	5 - 7am Dryland 4:20-4:50pm Pool 5 - 7pm	7 - 8am Dryland 4:50-5:20pm Pool 5:30 - 7pm	4 - 5:30pm	5 - 7am
<b>FRIDAY</b>	5 - 7am MARION OUTDOOR Pool 5 - 7pm	7 - 8am Dryland 4:50-5:20pm Pool 5:30 - 7pm	7 - 8am 4 - 5:30pm	5 - 7am
<b>SATURDAY</b>	SPIN 5:30-6am Pool 6 - 8am GYM 8-9:15am	MARION OUTDOOR Pool 7 - 9am	7 - 8:30am	6 - 8am