

CLUB SQUAD SESSIONS - TERM 4, 2023



SQUAD	Gold Squad	Blue Squad	Green Squad	Red Squad	Black (Open Surf) Squad	White (Fitness) Squad
MONDAY	5 - 7:15am MARION OUTDOOR Pool 4:00 - 6:00pm	5 - 7:15am MARION OUTDOOR Pool 4:00 - 6:00pm	5 - 7pm	7 - 8am Pool 4 - 5pm Dryland 5:15 - 5:45pm		
TUESDAY	5 - 7am 7:15 - 8:30am	5 - 7am	5 - 7pm	4 - 5:30pm	5 - 7am	
WEDNESDAY	OPEN WATER MARION OUTDOOR 5:50 - 8:00am Pool 4:15 - 6:30pm GYM 6:30 - 7:45pm	OPEN WATER MARION OUTDOOR 5:50 - 8:00am Pool 4:15 - 6:30pm GYM 6:30 - 7:45pm	5 - 7am	7 - 8am	5 - 7am	
THURSDAY	5 - 7:15am	5 - 7:15am 4:30 - 7:00pm	5 - 7pm	4 - 5:30pm	5 - 7am	
FRIDAY	5 - 7am MARION OUTDOOR Pool 4:30 - 7pm	5 - 7am MARION OUTDOOR Pool 4:30 - 7pm	5 - 7am 5 - 7pm	7 - 8am Pool 4 - 5pm Dryland 5:15 - 5:45pm		
SATURDAY	Pool 6 - 8:30am GYM 8:45 - 10:15am	Pool 6 - 8:30am GYM 8:45 - 10:15am	MARION OUTDOOR Pool 6:30 - 8:30am GYM 8:45 - 10am (14&O)			
SUNDAY						