

CLUB SQUAD SESSIONS - TERM 1, 2025



SQUAD	Gold Squad	Green Squad	Red Squad	Para Squad	Black (Open Surf) Squad	Fitness Squad
MONDAY	SWIM 5 - 7am MARION OUTDOOR POOL SWIM 4 - 6pm GYM 6:15 - 7:45pm	GYM 5 - 6pm SWIM 6 - 7:45pm	GYM 5:45 - 6:30am SWIM 6:45 - 8am	SWIM 4 - 5:15pm		SWIM 7 - 8:30am
TUESDAY	SWIM 5 - 7am	SWIM 4:45 - 7pm	SWIM 3:45 - 5pm		SWIM 5 - 7am	
WEDNESDAY	SWIM 4:45 - 7pm	SWIM 5 - 7am	SWIM 6:45 - 8am SWIM 6:45 - 8pm	SWIM 4:15 - 5:30pm	SWIM 5 - 6:45am	SWIM 7 - 8:30am
THURSDAY	MARION OUTDOOR POOL SWIM 5 - 7am GYM 5 - 6:15pm SWIM 6:30 - 8pm	SWIM 5 - 7am SWIM 4:45 - 6:30pm GYM 6:45 - 7:45pm			SWIM 5 - 7am	
FRIDAY	SWIM 5 - 7:15am	SWIM 6:30 - 8am SWIM 4:45 - 7pm	SWIM 6:30 - 8am SWIM 4 - 5:30pm		SWIM 5 - 6:45am	SWIM 7:15 - 8:45am
SATURDAY	SWIM 6 - 8:15am GYM 8:15 - 9:30am	MARION OUTDOOR POOL SWIM 6:30 - 8:30am	SWIM 8:15 - 9:30am	SWIM 7:30 - 9am		
SUNDAY				SWIM 11:30am - 1pm		