



What you need to know about the Rockingham Swimming Club!

3. Training Time Table

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tadpoles (Indoor Pool)	4.00pm – 5.00pm	4.00pm-5.00pm		4.00pm-5.00pm	4.00pm-5.00pm	
Stingrays Yellow/Blue and Sate Development Squad (Indoor)	4.00pm-5.30pm	4.00pm-5.30pm	4.00pm – 5.30pm	4.00pm – 5.30pm	4.00pm-5.30pm	9.00am-10.30am
State Age Squad		5.10am 7.15am		5.10am – 7.15am		6.40am - 9.00am
	4.00pm-6.30pm		4.00pm-6.30pm		4.00pm-6.30pm	
Fitness Squad and Surf Club Squad	5.10am- 7.15am	5.10am – 7.15am	5.10am –7.15am		5.10am – 7.15am	
		4.00pm-5.30pm		4.00pm-5.30pm		
National Development Squad	5.10am– 7.15am	5.10am – 7.15am		5.10am – 7.15am	5.10am 7.15am	6.40am-9.00am
	4.00pm-6.30pm		4.00pm-6.30pm		4.00pm-6.30pm	
National Squad	5.10am– 7.15am	5.10am– 7.15am		5.10am–7.15am	5.10am– 7.15am	6.40am-9.00am
	4.00pm-6.30pm		4.00pm-6.30pm		4.00pm-6.30pm	