

**Boronia Swimming Club
Squads Training Timetable
Knox Leisureworks**

Transition

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						
PM		6.30 - 7.30			6.30 - 7.30	

Junior

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						6.45 - 8.15
PM		6.30 - 7.30		6.30 - 7.30	6.30 - 8.00	

Intermediate

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5.30 - 7.00		5.30 - 7.00		5.30 - 7.00	6.45 - 8.15
PM	7.00 - 8.30		7.00 - 8.30	6.30 - 8.00	6.30 - 8.00	

Senior

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5.30 - 7.00		5.30 - 7.00		5.30 - 7.00	6.45 - 8.15
PM		7.30 - 8.45		7.30 - 8.45	7.30 - 8.45	

Performance

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5.30 - 7.00		5.30 - 7.00		5.30 - 7.00	6.45 - 8.15
PM	6.30 - 8.30	7.30 - 8.45	6.30 - 8.30	6.30 - 8.00	6.30 - 8.30	