

# Ashfield Aquatic Centre

# Squad Timetable

SQUAD	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Assessments</b>	3.30 – 4.00pm	3.30 – 4.00pm	3.30 – 4.00pm	3.30 – 4.00pm		
Mini	3.30 – 4.15pm	3.30 – 4.15pm	3.30 – 4.15pm	3.30 – 4.15pm	3.30 – 4.15pm	
	4.15 – 5.00pm	4.15 – 5.00pm	4.15 – 5.00pm	4.15 – 5.00pm	4.15 – 5.00pm	
	5.00 – 5.45pm	5.00 – 5.45pm	5.00 – 5.45pm	5.00 – 5.45pm	5.00 – 5.45pm	
Development	4.00 – 5.00pm	4.00 – 5.00pm	4.00 – 5.00pm	5.00 – 6.00pm	4.00 – 5.00pm	
	5.00 – 6.00pm		5.00 – 6.00pm		5.00 – 6.00pm	
Challenge	4.00 – 5.00pm	5.00 – 6.00pm	4.00 – 5.00pm	4.00 – 5.00pm	4.00 – 5.00pm	
	5.00 – 6.00pm		5.00 – 6.00pm		5.00 – 6.00pm	
Teen-Fit	6.00 – 7.00pm	6.00 – 7.00pm	6.00 – 7.00pm	6.00 – 7.00pm	6.00 – 7.00pm	
Adult Squad		6.00 – 7.30am		6.00 – 7.30am		
Adult Swim Fit	7.00 – 8.00pm		7.00 – 8.00pm			
Bronze Squad	7.15 – 8.00am		7.15 – 8.00am		7.15 – 8.00am	
Silver Squad			6.00 – 7.15am			6.00 – 7.30am
	4.00 – 5.00pm	4.00 – 5.00pm		4.00 – 5.00pm		
Gold Squad	6.00 – 7.15am	6.00 – 7.30am		6.00 – 7.30am	6.00 – 7.15am	6.00 – 8.00am
	5.30 – 5.45pm	5.00 – 7.00pm	5.00 – 7.00pm	5.00 – 7.00pm		
	5.45 – 7.00pm					

