



## Klim Swim Time Table 2011

### “GOLD SQUAD and SILVER” TIMETABLE

**Coach: Andrew Hammond**

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
AM	5:30 – 7:00 Klim Swim	OFF	5:30 – 7:00 Klim Swim	5:30 – 7:00 Waves	OFF	6:30 – 8:30 St Leonard's	OFF
PM	6:15 – 7:30 Klim Swim	OFF	6:15 – 7:30 Klim Swim	OFF	4:30 – 6:00 King Club		

St Leo - St Leonard's College Brighton, South Road  
 Waves Leisure Centre – Centerville Road, Cheltenham

\* Please note swimmers must attend 4 Sessions to attend Training at St Leonard's with National Squad.

# Swimmers swimming 5 times per week will be offered to swim at waves with the national squad as a 6th session with National Squad.

### “BRONZE SQUAD” TIMETABLE

**Coach: Andrew Hammond and Penny**

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
AM	OFF	OFF	OFF	Invite Only	OFF	Invite Only	OFF
PM	4:15 – 5:30 Klim Swim	6:15 – 7:30 Klim Swim	4:15 – 5:30 Klim Swim	6:15 – 7:30 Klim Swim	OFF		



## Bayside Squad Timetable 2011

**"8 SQUAD" TIMETABLE**

**Coach: John Counsel & Nic Baker**

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
AM	6:00 – 7:30 Distance Open Swimmers St Leo John  5:15 – 7:15 National Age Qualifiers MG Ben	5.15 - 7:15 MG John / Vanessa	OFF	5.30 - 7.00 WAVES Nic / Vanessa	5.15 - 7:15 MG John / Ben	6.30 - 8.45 St Leo John / Buddy	OFF
PM	5.15 - 7.00 St Leo John / Nic	GYM 4:00 – 6.00 Richard	5.15 - 7.00 St Leo John / Nic	GYM 4:00 – 5.30 Richard	4.30 - 6.00 St Leo John / Nic	Off	



**“6 SQUAD” TIMETABLE**

**Coach: Ben Drysdale**

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
AM	5.15 - 7.15 MG Ben	5.15 - 7.15 MG John / Vanessa	5.15 - 7.15 MG Ben	5.30 - 7.00 WAVES Nic / Vanessa	5.15 - 7.15 MG John / Ben	6.30 - 8.45 St Leo John / Buddy	OFF
PM	5.15 - 7.00 St Leo Nic / Ben	GYM 4:00 – 6.00 Richard	OFF	GYM 4:00 – 5.30 Richard	5:30 – 7:30 MG Ben	OFF	

**Parents please note:** swimmers are required to have either Wed or Thurs morning sleep in.

**“STATE SQUAD” TIMETABLE**

**Coach: Matt Bardoel**

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
AM	5.15 - 7.00 MG MG	Off	5.15 - 7.00 MG MG	5.15 - 7.00 MG MG	Off	6.30 - 8.30 MG	Off
PM	Off	4.45 – 6.15 MG Sumer Only	Off	5.15 – 7:00 MG Winter Only	5.30 - 7.30 MG	Off	Off



**"4 SQUAD" TIMETABLE**

**Coach: Gavin Joseph**

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
AM	Invite only	Off	Invite only	Off	Invite only	Off	Off
PM	6.15 - 7.45 MG	6.15 - 7.45 MG	6.15 - 7.45 MG	6.15 - 7.45 MG	Off	Off	Off

**"DISTRICT SQUAD" TIMETABLE**

**Coach: Amanda Barnhoorn & Sam Webber**

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
AM	Off	Off	Off	Invite only	Off	7:00 – 8:30 MG Amanda	Off
PM	6.15 – 7.45 MG Sam	6.15 – 7.45 MG Sam	6.15 – 7.45 MG Amanda	Off	4.00 – 5.30 MG Amanda	Off	Off



**“JUNIOR SQUAD” TIMETABLE**

**Coach: Amanda, Sam & Mike Woods**

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
AM	Off	Off	Off	Off	Off	9.45 – 10.45 MG Amanda	Off
PM	5.00 - 6.00 MG Amanda	4.15 – 5.15 MG Sam	5.00 – 6.00 MG Amanda	4.15 – 5.15 MG Sam	4.00 – 5.00 MG Mike	Off	Off

**“INTRO SQUAD” TIMETABLE**

**Coach: Amanda & Sam**

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
AM	Off	Off	Off	Off	Off	9.00 – 9.45 MG Amanda	Off
PM	4.00 – 4.45 MG Amanda	5.15 – 6.00 MG Sam	4.00 – 4.45 MG Amanda	OFF	OFF	Off	Off