

SA Aquatic & Leisure Centre - High Performance Squads Training Times



Effective 18 September 2017

Please note: Times include 15 minutes Dryland before Pool use e.g. 3.45-5pm means 3.45-4pm Dryland, 4-5pm Pool

JUNIOR 2: upto 3 sessions per week										
Monday a.m.	Monday p.m.	Tuesday a.m.	Tuesday p.m.	Wednesday a.m.	Wednesday p.m.	Thursday a.m.	Thursday p.m.	Friday a.m.	Friday p.m.	Saturday a.m.
	3.45-5pm		3.45-5pm		5.45-7pm		3.45-5pm			8-9.15am
			4.45-6pm							

JUNIOR 1: upto 4 sessions per week										
Monday a.m.	Monday p.m.	Tuesday a.m.	Tuesday p.m.	Wednesday a.m.	Wednesday p.m.	Thursday a.m.	Thursday p.m.	Friday a.m.	Friday p.m.	Saturday a.m.
	3.45-5pm	5.45-7am Invitation Only	5.45-7pm		3.45-5pm		4.45-6pm		3.45-5pm	7-8.15am
					4.45-6pm					

DEVELOPMENT: minimum 5 sessions per week										
Monday a.m.	Monday p.m.	Tuesday a.m.	Tuesday p.m.	Wednesday a.m.	Wednesday p.m.	Thursday a.m.	Thursday p.m.	Friday a.m.	Friday p.m.	Saturday a.m.
	5.15-7pm		5.15-7pm	5.15-7am			3.45-5.30pm		3.45-5.00pm	5.15-7am with State
							5.30-5.45pm Stretching			7-7.15am Stretching with State

STATE: minimum 6 sessions per week										
Monday a.m.	Monday p.m.	Tuesday a.m.	Tuesday p.m.	Wednesday a.m.	Wednesday p.m.	Thursday a.m.	Thursday p.m.	Friday a.m.	Friday p.m.	Saturday a.m.
5.15-7am	4.30-5.15pm Dryland/Bootcamp only		5.15-7pm	5-7am with Nat Maroon	5.15-7pm		5-5.30pm Bootcamp/Spin		5.15-5.30pm Dryland	5.15-7am with Development
							5.30-7pm		5.30-7pm with Nat Maroon	7-7.15am Stretching with Development

NATIONAL MAROON: minimum 7 sessions per week										
Monday a.m.	Monday p.m.	Tuesday a.m.	Tuesday p.m.	Wednesday a.m.	Wednesday p.m.	Thursday a.m.	Thursday p.m.	Friday a.m.	Friday p.m.	Saturday a.m.
5-7am with Nat Gold	5.45-7.30pm		3.45-5.30pm	5-7am with State		5-7am with Nat Gold	3.45-5.30pm		4.45-5.15pm Yoga	5-7am
			6-6.30pm Bootcamp				6-6.45pm Gym		5.30-7pm with State	7.15-8.15am Gym

NATIONAL GOLD: minimum 7 sessions per week										
Monday a.m.	Monday p.m.	Tuesday a.m.	Tuesday p.m.	Wednesday a.m.	Wednesday p.m.	Thursday a.m.	Thursday p.m.	Friday a.m.	Friday p.m.	Saturday a.m.
5-7am with Nat Maroon	4-6pm	5-7am	3.45-5.30pm		4-6pm	5-7am with Nat Maroon		5-7am	3.45-5.30pm	6.30-7am Spin
	6.15-6.45pm Bootcamp				6-6.45pm Gym				5.45-6.15pm Yoga	7-9am
										9.15-10.15am Gym

HIGH PERFORMANCE: minimum 7 sessions per week										
Monday a.m.	Monday p.m.	Tuesday a.m.	Tuesday p.m.	Wednesday a.m.	Wednesday p.m.	Thursday a.m.	Thursday p.m.	Friday a.m.	Friday p.m.	Saturday a.m.
6.40-9am	3.10-5.30pm	6.40-8.15am		6.40-9am	3.10-5.30pm	6.40-8.15am		6.40-9am	3.10-5.30pm	6.30-7am Spin
		8.15-9am Gym			6-6.30pm Yoga	8.15-9am Gym				7-9am Pool

MINI FAST: upto 2 sessions per week										
Monday a.m.	Monday p.m.	Tuesday a.m.	Tuesday p.m.	Wednesday a.m.	Wednesday p.m.	Thursday a.m.	Thursday p.m.	Friday a.m.	Friday p.m.	Saturday a.m.
			4.45-6pm				5.45-7pm			

FAST: upto 4 sessions per week										
Monday a.m.	Monday p.m.	Tuesday a.m.	Tuesday p.m.	Wednesday a.m.	Wednesday p.m.	Thursday a.m.	Thursday p.m.	Friday a.m.	Friday p.m.	Saturday a.m.
5.15-7am		5.15-7am				5.15-7am		5.15-7am		

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