

SA Aquatic & Leisure Centre - High Performance Squads Training Times



Effective 19 August 2019

Please note: Times include 15 minutes Dryland

JUNIOR 2: upto 3 sessions per week (Bozi)										
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.
	4-5.15pm		4-5.15pm		5.45-7pm		4-5.15pm			8-9.15am
			4.45-6pm		6.45-8pm					

JUNIOR 1: upto 4 sessions per week (Nick)										
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.
	4-5.15pm	5.30-7am Invitation Only	5.45-7pm		4-5.15pm		4.45-6pm		4-5.15pm	7-8.15am
					4.45-6pm					

BRONZE - Beringen: minimum 5 sessions per week (Miki)										
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	5.15-7am	5.15-7pm	5.15-7am			4-5.45pm		4-5pm	5-7am
							5.45-6pm Stretching		5-6pm Bootcamp	

SILVER - Hunter: minimum 6 sessions per week (Nick)										
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 Gold	5-6pm Dryland/Bootcamp		4-5.45pm	5-7am		5-7am with Gold	4-6pm		5.15-7.30pm	5-7am
	6-7.30pm						6-7pm Strength Training			7-8am Strength Training

GOLD - Chalmers: minimum 7 sessions per week (Shelly)										
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 Silver	4-6pm	5-7am	4-6pm		4-6pm	5-7am with Silver		5-7am	4-5.30pm	6.30-7am Spin
	6.15-6.45pm Bootcamp		6-7pm Strength Training						5.45-6.15pm Yoga	7-9am
										9-10am Gym

HIGH PERFORMANCE: minimum 7 sessions per week - under SASI administration (Peter Bishop)

MINI FAST: upto 2 sessions per week (Shannon)										
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			

SURF: upto 5 sessions per week (Shannon)										
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			5.45-7.30pm		5.15-7pm	5.15-7am		5.15-7am		