

**SA Aquatic & Leisure Centre - High Performance Squads Training Times**  
**Effective 8/2/2021**



<b>JUNIOR 2: 2-3 sessions per week (Bozi)</b>										
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.
	4-5pm		4-5pm		4-5pm		4-5pm			7-8am
			5-6pm		5-6pm		Group Circuit, 5-5.45pm concourse			8-9am

<b>JUNIOR 1: 3-4 sessions per week (Joel)</b>										
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.
	4-5pm	5.30-7am Invitation Only	4-5pm		4-5pm		5-6pm		4-5pm	7-8am
	<b>Dryland - Group Circuit:</b> 5-5.45pm				5-6pm					8-9am

<b>BRONZE - Beringen: minimum 5 sessions per week (Miki)</b>										
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.
	5-6.30pm	5-7am	5.30-6.30pm	5.30-7am			4-6pm		4-5pm	5-7am
									<b>Dryland - Group Circuit:</b> 5-5.45pm	

<b>SILVER - Hunter: minimum 6 sessions per week (Joel) - check with your coach which gym sessions have been allocated to you. Athletes do not attend all sessions</b>										
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	4-6pm with Gold		4-5.30pm	5-7am		5-7am with Gold	4-6pm		4-5.30pm with Gold	5-7am with Gold
	<b>Dryland - Group Circuit:</b> 6-6.45pm		<b>Dryland - Strength/Conditioning:</b> 5.45-6.30pm				<b>Dryland - Strength/Conditioning:</b> 6-7pm		<b>Dryland - Yoga</b> 5.45-6.30pm	

<b>GOLD - Chalmers: minimum 7 sessions per week (Shelly)</b>										
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 with Silver	5-7am	4-6pm		4-6pm	5-7am with Silver		5-7am	4-5.30pm with Silver	5-7am with Silver
	<b>Dryland - Group Circuit:</b> 6-6.45pm				<b>Dryland - Strength/Conditioning:</b> 6-7pm				<b>Dryland - Yoga:</b> 5.45-6.30pm	<b>Dryland - Strength/Conditioning:</b> 7-8am

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