Term 2 2018 Timetable 27/5/18 to 2/6/18

		Competitive Stream					DEVELOPMENT		
Cap Colour		**National**	Senior	Junior	State Target	Fitness	Gold	Silver	Bronze
		Min 6+ sessions per week (age dependant)	*Min 4+ sessions per week*	*Min 4 sessions per week*	*Min 3 sessions per week*	*No Commitment required*	*Recommended min 3*	*Recommended min 3*	*Recommended min 2-3*
Mon	AM	5:15-7:45 *6:45-7:45 Gym*	5:15-7:45 *6:45-7:45 Gym*	5:15-7:45 *6:45-7:45 Gym*					
	PM	*3:30-3:45 (DL)* 3:30-5:45	*3:30-3:45 (DL)* 3:30-5:45	*3:30-3:45 (DL)* 3:30-5:15	5:00-6:15	7:15-8:15	6:15-7:15	6:15-7:10	6:15-7:00
Tues	AM	*5:40-6:00 (DL)* **5:40-7:45 (HALC)**	*5:40-6:00 (DL)* **5:40-7:45 (HALC)**	*6:00-6:15 (DL)* 6:00-7:45	*6:00-6:15 (DL)* 6:00-7:45	6:45-7:45			
	PM					5:30-6:30	6:00-7:00	6:00-7:00	6:00-7:00
Wed	AM	5:15-7:45 *6:45-7:45 Gym*	5:15-7:45 *6:45-7:45 Gym*						
	PM	*4:00-4:15 (DL)* **4:00-6:15 (HALC)**	*4:00-4:15 (DL)* **4:00-6:15 (HALC)**	4:45-6:15	4:45-6:00	3:45-4:45	6:15-7:15	6:15-7:10	6:15-7:00
Thurs	AM	*5:30-5:45 (DL)* 5:30-7:45	*5:30-5:45 (DL)* 5:30-7:45	*6:00-6:15 (DL)* 6:00-7:45	*6:00-6:15 (DL)* 6:00-7:45	6:45-7:45			
	PM				4:45-6:15	7:15-8:15	6:15-7:15	6:15-7:10	6:15-7:00
Fri	AM								
	PM	*3:30-3:45 (DL)* 3:30-5:45	*3:30-3:45 (DL)* 3:30-5:45	*3:30-3:45 (DL)* 3:30-5:15	5:15-6:30	6:00-7:00	5:15-6:30		
Sat	AM	Optional	6:15-7:45	6:15-7:45	7:45-9:00	6:45-7:45	9:00-10:00	9:00-10:00	9:00-10:00
	PM								
		Please notify all absences to aquatics@ruyton.vic.edu.au before the session begins							