

Term 4 2018 Timetable

		Competitive Stream					DEVELOPMENT		
Cap Colour		National	Senior	Junior	State Target	Fitness	Gold	Silver	Bronze
		<i>Min 6+ sessions per week (age dependant)</i>	<i>Min 4+ sessions per week</i>	<i>Min 4 sessions per week</i>	<i>Min 3 sessions per week</i>	<i>No Commitment required</i>	<i>Recommended min 3</i>	<i>Recommended min 3</i>	<i>Recommended min 2-3</i>
Mon	AM	5:15-7:45 Swim/Gym	5:15-7:45 Swim/Gym	<i>Invite only 5:15-7:45 Swim/Gym</i>					
	PM	3:30-5:45 <i>D/L 3:30-3:45</i>	3:30-5:45 <i>D/L 3:30-3:45</i>	3:30-5:15 <i>D/L 3:30-3:45</i>	<i>D/L 4:40-5:00 5:00-6:15</i>	7:15-8:15	6:15-7:15	6:15-7:10	6:15-7:00
Tues	AM	6:00-7:45 (HALC) <i>D/L 5:40-6:00</i>	6:00-7:45 (HALC) <i>D/L 5:40-6:00</i>	<i>Invite to HALC or 6:00-7:45 D/L 6:00-6:15</i>	6:15:7:45 <i>D/L 6:15-6:30</i>	6:45-7:45			
	PM					7:00-8:00	7:00-8:00	6:00-7:00	6:00-7:00
Wed	AM	5:15-7:45 Swim/Gym	5:15-7:45 Swim/Gym						
	PM	INVITE ONLY <i>Dryland wup 3:40-4:00 4:00-6:00 (HALC)</i>	<i>Invite to HALC or Dryland wup 4:15-4:45 4:45-6:15</i>	<i>Invite to HALC or Dryland wup 4:15-4:45 4:45-6:15</i>	<i>Dryland wup 4:15-4:45 4:45-6:00</i>	3:45-4:45	6:15-7:15	6:15-7:10	6:15-7:00
Thurs	AM	5:30-7:45 <i>D/L 5:30-5:45</i>	5:30-7:45 <i>D/L 5:30-5:45</i>	6:00-7:45 <i>D/L 6:00-6:15</i>	6:15:7:45 <i>D/L 6:15-6:30</i>	6:45-7:45			
	PM				<i>D/L 4:20-4:45 4:45-6:15</i>		6:15-7:15	6:15-7:10	6:15-7:00
Fri	AM								
	PM	3:30-5:45 <i>D/L 3:30-3:45</i>	3:30-5:45 <i>D/L 3:30-3:45</i>	3:30-5:15 <i>D/L 3:30-3:45</i>	<i>D/L 4:50-5:15 5:15-6:30</i>	6:00-7:00			6:00-7:00
Sat	AM	5:30-8:30 Swim/Gym	5:30-8:30 Swim/Gym	5:30-8:00 Swim/Gym	<i>6:45-7:30 Gym 6:45-9:00</i>	6:45-7:45	8:00-9:00	9:00-10:00	(a) 9:00-10:00 or (b) 10:00-11:00
	PM								

Please notify all absences to aquatics@ruyton.vic.edu.au before the session begins

Make Up Sessions need to be organised with permission from the Head Coach