



St Paul's

Term 2 2024 Timetable
29th Apr - 7th July

Squads

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NATIONAL	5:30 - 7:30 AM PP: 5:00 PM 5:30 - 7:15 PM	GYM: 4:30 PM 5:30 - 7:00 PM	(WW) 5:30 - 7:30 AM PP: 4:30 PM 5:00 - 7:00 PM	GYM: 4:30 PM 5:30 - 7:00 PM	(WW) 5:30 - 7:30 AM GYM: 5:30PM 6:15 - 7:00 PM	PP: 5:45 AM 6:00 - 8:00 AM	OFF
NATIONAL POTENTIAL	5:30 - 7:30 AM PP: 5:00 PM 5:30 - 7:15 PM	GYM: 4:30 PM 5:30 - 7:00 PM	5:30 - 7:30 AM	GYM: 4:30 PM 5:30 - 7:00 PM	5:30 - 7:30 AM DL: 5:00PM 5:30 - 7:00 PM	PP: 5:45 AM 6:00 - 8:00AM	OFF
NATIONAL DEVELOPMENT	PP: 5:00 PM 5:30 - 7:15 PM	5:30 - 7:00 PM	5:30 - 7:30 AM	5:30 - 7:00 PM	5:30 - 7:30 AM	PP: 7:15 AM 7:30 - 9:00AM	OFF
HIIT 60	6:00 - 7:00 AM	6:00 - 7:30 AM	6:00 - 7:30 AM 6:00 - 7:00 PM	OFF	5:30 - 7:30 AM 6:00 - 7:00 PM	OFF	OFF
JUNIOR A	4:00 - 5:30 PM	DL: 5:45AM 6:00 - 7:30 AM	DL: 5:00 PM 5:30 - 7:00 PM	OFF	6:00 - 7:30 AM DL: 5:00PM 5:30 - 7:00 PM	PP: 7:15 AM 7:30 - 9:00AM	OFF
JUNIOR B	OFF	DL: 5:45 AM 6:00 - 7:00 AM	DL: 4:15 PM 4:00 - 5:00 PM	DL: 3:45 PM 4:00 - 5:00 PM	4:00 - 5:00 PM	OFF	4:00 - 5:00 PM
JUNIOR C	6:00 - 7:00 AM	DL: 3:45 PM 4:00 - 5:00 PM	OFF	DL: 3:45 PM 4:00 - 5:00 PM	OFF	OFF	4:00 - 5:00 PM

DL - Dryland, coach directed land exercises
PP - Pre Pool, Self directed land exercises
WW - Water World, Session swum at Water World



St Paul's

Term 2 2024 Timetable
29th Apr - 7th July

**Junior
Coaching**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GOLD (SUBJECT TO AVAILABILITY)	4:00 - 4:45 PM 4:45 - 5:30 PM	4:00 - 4:45 PM 4:45 - 5:30 PM	4:00 - 4:45 PM 4:45 - 5:30 PM	4:00 - 4:45 PM 4:45 - 5:30 PM	4:00 - 4:45 PM 4:45 - 5:30 PM	OFF	4:00 - 4:45 PM 4:45 - 5:30 PM
SILVER (SUBJECT TO AVAILABILITY)	4:00 - 4:45 PM 4:45 - 5:30 PM	4:00 - 4:45 PM 4:45 - 5:30 PM	4:00 - 4:45 PM 4:45 - 5:30 PM	4:00 - 4:45 PM 4:45 - 5:30 PM	4:00 - 4:45 PM 4:45 - 5:30 PM	OFF	4:00 - 4:45 PM 4:45 - 5:30 PM
BRONZE (SUBJECT TO AVAILABILITY)	4:00 - 4:45 PM 4:45 - 5:30 PM	4:00 - 4:45 PM 4:45 - 5:30 PM	4:00 - 4:45 PM 4:45 - 5:30 PM	4:00 - 4:45 PM 4:45 - 5:30 PM	4:00 - 4:45 PM 4:45 - 5:30 PM	OFF	4:00 - 4:45 PM 4:45 - 5:30 PM
BLUE (SUBJECT TO AVAILABILITY)	4:00 - 4:30 PM 4:30 - 5:00 PM 5:00 - 5:30 PM	4:00 - 4:30 PM 4:30 - 5:00 PM 5:00 - 5:30 PM	4:00 - 4:30 PM 4:30 - 5:00 PM 5:00 - 5:30 PM	4:00 - 4:30 PM 4:30 - 5:00 PM 5:00 - 5:30 PM	4:00 - 4:30 PM 4:30 - 5:00 PM 5:00 - 5:30 PM	OFF	OFF
RED (SUBJECT TO AVAILABILITY)	4:00 - 4:30 PM 4:30 - 5:00 PM 5:00 - 5:30 PM	4:00 - 4:30 PM 4:30 - 5:00 PM 5:00 - 5:30 PM	4:00 - 4:30 PM 4:30 - 5:00 PM 5:00 - 5:30 PM	4:00 - 4:30 PM 4:30 - 5:00 PM 5:00 - 5:30 PM	4:00 - 4:30 PM 4:30 - 5:00 PM 5:00 - 5:30 PM	OFF	OFF