



St Paul's

Term 1 2026 Timetable
Jan 27th - Apr 5th

Squads

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NATIONAL	Core: 5:20 AM 5:45 - 7:15 AM PP: 5:00 PM 5:30 - 7:15 PM	PP: 5:00 PM 5:30 - 7:15 PM GYM 6:30 - 7:15 PM	(WW) 5:30 - 7:30 AM 5:00 - 7:00 PM	DL : 5:00 PM 5:30 - 7:15 PM	(WW) 5:30 - 7:30 AM 4:00 - 5:30 PM GYM 5:45 - 6:30 PM	PP: 5:45 AM 6:00 - 8:00 AM	OFF
NATIONAL POTENTIAL	Core: 5:20 AM 5:45 - 7:15 AM PP: 5:00 PM 5:30 - 7:15 PM	PP: 5:00 PM 5:30 - 7:15 PM GYM 6:30 - 7:15 PM	5:30 - 7:15 AM	DL: 5:00 PM 5:30 - 7:15 PM	5:30 - 7:15 AM DL: 5:00 PM 5:30 - 7:00 PM GYM 5:45-6:30 PM	PP: 5:45 AM 6:00 - 8:00 AM	OFF
NATIONAL DEVELOPMENT	PP: 5:00 PM 5:30 - 7:00 PM	OFF	5:30 - 7:15 AM 5:30 - 7:00 PM	5:30 - 7:00 PM	5:30 - 7:15 AM	PP: 7:30 AM 7:45 - 9:15 AM	OFF
HIIT 60	6:00 - 7:00 AM	6:00 - 7:00 PM	6:00 - 7:00 AM	OFF	6:00 - 7:00 AM 6:00 - 7:00 PM	OFF	5:00 - 6:00 PM
JUNIOR A	4:00 - 5:30 PM	DL: 5:45 AM 6:00 - 7:15 AM	DL: 4:45 PM 5:30 - 7:00 PM	OFF	6:00 - 7:15 AM DL: 5:00 PM 5:30 - 7:00 PM	PP: 7:30 AM 7:45 - 9:15 AM	OFF
JUNIOR B	OFF	DL: 5:45 AM 6:00 - 7:15 AM	DL: 3:45 PM 4:00 - 5:00 PM	DL: 4:15 PM 4:30 - 5:30 PM	DL: 5:00 PM 5:30 - 7:00 PM	OFF	5:00 - 6:00 PM
JUNIOR C	6:00 - 7:00 AM	DL: 4:15 PM 4:30 - 5:30 PM	OFF	DL: 4:15 PM 4:30 - 5:30 PM	OFF	OFF	4:00 - 5:00 PM

DL - Dryland. coach-directed land exercises

PP - Pre Pool. Self-directed land exercises

WW - Waterworld. Session is swum at Waterworld

All swimmers will be and ready to start 5 minutes before their session begins



St Paul's

Term 1 2026 Timetable
Jan 27th - Apr 5th

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	4:00 - 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	4:00 - 4:30 PM 4:30 - 5:00 PM 5:00 - 5:30 PM	OFF	OFF