



# St Paul's

Term 3 2026 Timetable  
Jul 20<sup>th</sup> - 27<sup>th</sup> Sep

## Squads

|                                            | MONDAY                                                           | TUESDAY                                               | WEDNESDAY                                       | THURSDAY                                          | FRIDAY                                                            | SATURDAY                      | SUNDAY                           |
|--------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------|-------------------------------------------------|---------------------------------------------------|-------------------------------------------------------------------|-------------------------------|----------------------------------|
| NATIONAL                                   | Core: 5:20 AM<br>5:45 - 7:15 AM<br>PP: 5:00 PM<br>5:30 - 7:15 PM | PP 4:30 PM<br>5:00 - 6:20 PM<br>GYM<br>6:30 - 7:15 PM | (WW)<br>5:30 - 7:30 AM<br>5:00 - 7:00 PM        | DL : 4:30 PM<br>5:00 - 7:00 PM                    | (WW)<br>5:30 - 7:30 AM<br>4:00 - 5:30 PM<br>GYM<br>5:45 - 6:30 PM | PP: 5:45 AM<br>6:00 - 8:00 AM | OFF                              |
| NATIONAL POTENTIAL                         | Core: 5:20 AM<br>5:45 - 7:00 AM<br>PP: 5:00 PM<br>5:30 - 7:15 PM | PP 4:30 PM<br>5:00 - 7:00 PM<br>GYM<br>6:30 - 7:15 PM | 5:30 - 7:00 AM                                  | DL : 4:30 PM<br>5:00 - 7:00 PM                    | 5:30 - 7:00 AM<br>5:30 - 7:00 PM<br>GYM<br>5:45-6:30 PM           | PP: 5:45 AM<br>6:00 - 8:00 AM | OFF                              |
| NATIONAL DEVELOPMENT                       | PP: 5:00 PM<br>5:30 - 7:00 PM                                    | OFF                                                   | 5:30 - 7:15 AM<br>DL: 5:00 PM<br>5:30 - 7:00 PM | CORE: 5:30 AM<br>5:45 - 7:00 AM                   | 5:30 - 7:00 PM                                                    | OFF                           | 5:00 - 6:30 PM                   |
| HIIT 60                                    | OFF                                                              | 6:30 - 7:30 PM                                        | 6:00 - 7:00 AM                                  | OFF                                               | 6:00 - 7:00 AM<br>5:00 - 6:00 PM                                  | OFF                           | 5:00 - 6:00 PM                   |
| JUNIOR PERFORMANCE                         | DL: 3:45 PM<br>4:00 - 5:30 PM                                    | DL: 5:45 AM<br>6:00 - 7:15 AM                         | DL: 4:45 PM<br>5:30 - 7:00 PM                   | CORE: 5:30 AM<br>5:45 - 7:00 AM<br>5:30 - 7:00 PM | DL: 5:00 PM<br>5:30 - 7:00 PM                                     | PP: 7:30 AM<br>7:45 - 9:15 AM | OFF                              |
| JUNIOR DEVELOPMENT                         | OFF                                                              | DL: 5:45 AM<br>6:00 - 7:15 AM                         | DL: 3:45 PM<br>4:00 - 5:00 PM                   | DL: 3:45 PM<br>4:00 - 5:00 PM                     | DL: 5:00 PM<br>5:30 - 7:00 PM                                     | OFF                           | 4:00 - 5:00 PM                   |
| JUNIOR ACADEMY                             | 6:00 - 7:00 AM                                                   | DL: 3:45 PM<br>4:00 - 5:00 PM                         | OFF                                             | DL: 3:45 PM<br>4:00 - 5:00 PM                     | OFF                                                               | OFF                           | 4:00 - 5:00 PM                   |
| JUNIOR SKILLS<br>(SUBJECT TO AVAILABILITY) | 4:00 - 5:00 PM                                                   | 6:00 - 7:00 AM<br>4:00 - 5:00 PM<br>5:30 - 6:30 PM    | 4:00 - 5:00 PM<br>5:00 - 6:00 PM                | OFF                                               | 4:00 - 5:00 PM                                                    | OFF                           | 4:00 - 5:00 PM<br>5:00 - 6:00 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 3 2026 Timetable  
Jul 20<sup>th</sup> - 27<sup>th</sup> Sep

Learn to Swim

|                                          | MONDAY                                             | TUESDAY                                            | WEDNESDAY                                          | THURSDAY                         | FRIDAY                                             | SATURDAY | SUNDAY                           |
|------------------------------------------|----------------------------------------------------|----------------------------------------------------|----------------------------------------------------|----------------------------------|----------------------------------------------------|----------|----------------------------------|
| GREAT WHITE<br>(SUBJECT TO AVAILABILITY) | 4:00 - 4:45 PM<br>4:45 - 5:30 PM                   | 4:00 - 4:45 PM<br>4:45 - 5:30 PM                   | 4:00 - 4:45 PM<br>4:45 - 5:30 PM                   | 4:00 - 4:45 PM<br>4:45 - 5:30 PM | 4:00 - 4:45 PM<br>4:45 - 5:30 PM                   | OFF      | 4:00 - 4:45 PM<br>4:45 - 5:30 PM |
| MAKO<br>(SUBJECT TO AVAILABILITY)        | 4:00 - 4:45 PM<br>4:45 - 5:30 PM                   | 4:00 - 4:45 PM<br>4:45 - 5:30 PM                   | 4:00 - 4:45 PM<br>4:45 - 5:30 PM                   | 4:00 - 4:45 PM<br>4:45 - 5:30 PM | 4:00 - 4:45 PM<br>4:45 - 5:30 PM                   | OFF      | 4:00 - 4:45 PM<br>4:45 - 5:30 PM |
| TIGER<br>(SUBJECT TO AVAILABILITY)       | 4:00 - 4:30 PM<br>4:30 - 5:00 PM<br>5:00 - 5:30 PM | 4:00 - 4:30 PM<br>4:30 - 5:00 PM<br>5:00 - 5:30 PM | 4:00 - 4:30 PM<br>4:30 - 5:00 PM<br>5:00 - 5:30 PM | 4:00 - 4:30 PM<br>430 - 5:00 PM  | 4:00 - 4:30 PM<br>4:30 - 5:00 PM<br>5:00 - 5:30 PM | OFF      | OFF                              |
| REEF<br>(SUBJECT TO AVAILABILITY)        | 4:00 - 4:30 PM<br>4:30 - 5:00 PM<br>5:00 - 5:30 PM | 4:00 - 4:30 PM<br>4:30 - 5:00 PM<br>5:00 - 5:30 PM | 4:00 - 4:30 PM<br>4:30 - 5:00 PM<br>5:00 - 5:30 PM | 4:00 - 4:30 PM<br>4:30 - 5:00 PM | 4:00 - 4:30 PM<br>4:30 - 5:00 PM<br>5:00 - 5:30 PM | OFF      | OFF                              |