

# St Leonard's College Swimming Training Timetable Term 3 2024



St Leonard's College  
An education for life.

		National Squad	Gold Squad	Silver Squad	Bronze Squad	Junior Squad	Development Squad	ACS	Fitness	Adult
Mon	am	Swim 6.00am - 8.00am	Swim 6.00am - 8.00am		Swim 6.00am - 7.30am					
	pm			Swim 5.00pm - 6.30pm		Swim 4.00pm - 5.00pm	Swim 4.00pm - 4.45pm			Swim 6.30pm - 7.30pm
Tue	am	Swim 6.00am - 8.00am		Swim 6.00am - 8.00am						
	pm	Gym 4.30pm - 5.30pm Swim 5.30pm - 7.30pm	Gym 4.30pm - 5.30pm Swim 5.30pm - 7.30pm		Swim 4.00pm - 5.30pm	Swim 4.00pm - 5.00pm			Swim 6.30pm - 7.30pm	
Wed	am			Swim 6.00am - 8.00am	Swim 6.00am - 7.30am			Swim 7.00am - 8.00am		
	pm	Swim 4.45pm - 6.30pm	Swim 4.45pm - 6.30pm			Swim 4.00pm - 4.45pm	Swim 4.00pm - 4.45pm			Swim 6.30pm - 7.30pm
Thu	am	Swim 6.00am - 8.00am	Swim 6.00am - 7.30am	Swim 6.00am - 7.30am						
	pm	Gym 4.30pm - 5.30pm Swim 5.30pm - 7.00pm		Swim 5.00pm - 6.30pm	Swim 4.00pm - 5.30pm	Swim 4.00pm - 5.00pm			Swim 6.30pm - 7.30pm	
Fri	am	Swim 6.00am - 8.00am	Swim 6.00am - 8.00am					Swim 7.00am - 8.00am		Swim 6.00am - 7.00am
	pm			Gym 4.30pm - 5.00pm Swim 4.30pm - 6.30pm	Gym 4.30pm - 5.00pm Swim 5.00pm - 6.30pm	Swim 4.00pm - 5.00pm	Swim 4.00pm - 4.45pm			
Sat	am	Swim 6.30am - 8.30am Gym 9.00am - 10.00am	Swim 6.30am - 8.30am Gym 9.00am - 10.00am	Swim 6.30am - 8.30am Gym 9.00am - 10.00am	Gym 7.30am - 8.30am Swim 8.30am - 10.00am	Gym 7.30am - 8.30am Swim 8.30am - 9.30am			Swim 10.00am - 11.00am	

National Squad	Gold Squad	Silver Squad	Bronze Squad	Junior Squad	Development Squad	ACS	Fitness	Adult
Criteria:	Criteria:	Criteria:	Criteria:	Criteria:	Criteria:	Age: 13+	Age: 13+	Age: 18+
National Qualifying Time	Working towards State Finals	Working towards State Finals	Working towards State Qualifying Times	100 Freestyle under 1:40m, 50 metres Free kick under 1:10mins	Minimum 2 sessions per week	St Leonard's College Student	Swim 50 Free in 40 seconds	Swim 50 Free in 50 Seconds
Minimum 6 sessions per week	Minimum 4 sessions per week	Minimum 4 sessions per week	100 Freestyle under 1:30m, 50 metres Free kick under 1:00mins	Minimum 2 sessions per week	Swims 50 Free under 45, 100 IM under 2.15	Swim 50 Free in 40 seconds	Swim 400 Continuously	Swim 400 Continuously
8 Swim and 3 Gym sessions available per week	6 Swim and 2 Gym sessions available per week	7 Swim and 2 Gym sessions available per week	Minimum 3 sessions per week	6 Swim and 2 Gym sessions available	3 sessions available	Swim 400 Continuously	Swim 100 IM under 2:00	
			6 Swim and 2 Gym sessions available		Completed Level 9/10	Swim 100 IM under 2:00		