MLC Aquatic Training Time Table

Term 4 - 2019

		Performance Squad		National Squad		Senior State Squad		State Squad		Development Squad		Junior Squad		District Squad	
		Time	Venue	Time	Venue	Time	Venue	Time	Venue	Time	Venue	Time	Venue	Time	Venue
Monday	AM	5:30-7:30	MLC							6:00-7:30	MLC				
	PM	4:00-6:00	HALC	5:00-7:00	SKC	4:00-5:00 Gym 5:00-7:00 Swim	MLC	4:30-5:00 Dry 5:00-7:00 Swim	MLC			4:00-5:00	MLC	4:00-5:00	MLC
Tuesday	AM	5:30-7:30 Gym & Swim	MLC	5:30-7:30 Swim & Gym	MLC	6:00-7:30	HALC								
	PM	4:00-6:00	HALC	4:00-6:00	HALC			4:30-5:30 Gym 5:30-7:00 Swim	MLC	4:30-6:00 Dryland & Swim	MLC			5:30-7:00 Dryland & Swim	MLC
Wednesday	AM					5:30-7:30	MLC	5:30-7:30	MLC						
	PM	4:00-6:00	HALC	5:00-7:00	MLC					5:00-6:30	MLC	4:00-5:00	MLC	4:00-5:00	MLC
Thursday	AM	5:30-7:30 Gym & Swim	MLC	5:30-7:30 Swim & Gym	MLC	6:00-7:30	HALC								
	PM	4:00-6:00	HALC					4:00-6:00	HALC	4:30-6:30 Dryland & Swim	MLC	4:30-6:00 Dryland & Swim	MLC	5:30-7:00 Dryland & Swim	MLC
Friday	AM			5:30-7:30	MLC			5:30-7:30 Gym & Swim	MLC						
	PM	5:00-7:00	SKC	4:00-7:00 Gym & Swim	MLC	4:00-7:00 Gym & Swim	MLC			4:00-5:00	MLC	4:00-5:00	MLC		
Saturday	AM	5:30-9:00 Swim & Gym	MLC	6:00-8:00	HH	7:00-9:00 Dryland & Swim	MLC	7:00-9:00 Dryland & Swim	MLC					8:30-10:00 Dryland & Swim	MLC
	PM														
Sunday	AM														
	PM														