

RUYTON SQUAD TIMETABLE - 2025 TERM 3

EFFECTIVE JULY 21

BE PART OF A TEAM
THAT GIVES YOU MORE



STATE DEVELOPMENT SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM					5:45 ACTIVATION RUYTON	8-9 DRYLAND FITZROY
					6-7:30 SWIM RUYTON	9-11 SWIM FITZROY
PM		5:15-6:15 GYM RUYTON		5:15-6:15 GYM RUYTON		
		6:15-7:45 SWIM RUYTON	6-7:15 SWIM RUYTON	6:15-7:45 SWIM RUYTON		
SWIMMERS MAY ATTEND UP TO 4 SESSIONS (FROM 5 AVAILABLE)						

GOLD SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM						8-9 RUYTON
PM	5-6 RUYTON	4-5 RUYTON	5-6 RUYTON	4-5 RUYTON	4-5 RUYTON	
SWIMMERS MAY ATTEND 2-3 SESSIONS PER WEEK (PLEASE BOOK PREFERRED SESSIONS VIA THE PORTAL)						

RUYTON GIRLS' SCHOOL
ENTER VIA FITZWILLIAM ST
KEW, VIC 3101

FITZROY SWIMMING POOL
160 ALEXANDRA PARADE
FITZROY, VIC 3067

DEVELOPMENT SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM						8-9 RUYTON
PM	6-7:15 RUYTON		6-7:15 RUYTON		5-6:15 RUYTON	
SWIMMERS MAY ATTEND UP TO 3 SESSIONS (FROM 4 AVAILABLE)						

FITNESS SQUAD						
	MON	TUE	WED	THU	FRI	SAT
PM	6-7:15 SWIM RUYTON		6-7:15 SWIM RUYTON		5-6:15 SWIM RUYTON	

SILVER SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM						9-10 RUYTON
PM	4-5 RUYTON	5-6 RUYTON	4-5 RUYTON	5-6 RUYTON	4-5 RUYTON	
SWIMMERS MAY ATTEND 1-2 SESSIONS PER WEEK (PLEASE BOOK PREFERRED SESSIONS VIA THE PORTAL)						

