

GEELONG SQUAD TIMETABLE - 2025 TERM 3

EFFECTIVE JULY 21

BE PART OF A TEAM
THAT GIVES YOU MORE

A-GM

NATIONAL & STATE SQUADS						
	MON	TUE	WED	THU	FRI	SAT
AM	5:30 ACTIVATION KAC	5:15 ACTIVATION NORLANE			5:15 ACTIVATION NORLANE	7:45 ACTIVATION NBAC
	5:45-7:15 SWIM KAC	5:30-7:30 SWIM* NORLANE			5:30-7:30 SWIM NORLANE	8-10 SWIM NBAC
PM	4:30-5:15 GYM CORE	4:00 ACTIVATION KAC	5-5:45 GYM CORE	4:00 ACTIVATION KAC		
	6-7 SWIM GC	4:15-6:15 SWIM KAC	6:30-8 SWIM GC	4:15-6:15 SWIM KAC		
* TUESDAY AM SESSION = NATIONAL SQUAD ONLY						

STATE DEVELOPMENT SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM	5:15 ACTIVATION GC	5:15 ACTIVATION NORLANE	5:15 ACTIVATION GC			7:45 ACTIVATION NBAC
	5:30-7 SWIM GC	5:30-7:00 SWIM NORLANE	5:30-7 SWIM GC			8-10 SWIM NBAC
PM					5:45 ACTIVATION GC	
					6-7:30 SWIM GC	

TARGET SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM	5:15 ACTIVATION GC		5:15 ACTIVATION GC			7:45 ACTIVATION NBAC
	5:30-7 SWIM GC		5:30-7 SWIM GC			8-10 SWIM NBAC
PM		6:15 ACTIVATION GC		6:15 ACTIVATION GC		
		6:30-8 SWIM GC		6:30-8 SWIM GC		
SWIMMERS MAY ATTEND UP TO 4 SESSIONS PER WEEK						

DEVELOPMENT SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM	5:45 ACTIVATION GC					7:45 ACTIVATION NBAC
	6-7 SWIM GC					8-9:30 SWIM NBAC
PM		6:15 ACTIVATION GC		6:15 ACTIVATION GC		
		6:30-7:30 SWIM GC		6:30-7:30 SWIM GC		
SWIMMERS MAY ATTEND UP TO 3 SESSIONS PER WEEK						

TRAINING SCHEDULE MAY BE MODIFIED FOR SWIM MEETS, HOLIDAYS & TEAM EVENTS

GC = GEELONG COLLEGE
CORE = CORE HEALTH GROUP
KAC = KARDINIA AQUATIC CENTRE
NBAC = NORTH BELLARINE AQUATIC CENTRE
NORLANE = NORTHERN AQUATIC & COMMUNITY HUB