



RUYTON SQUAD TIMETABLE - 2026 TERM 1

EFFECTIVE JANUARY 19

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

DEVELOPMENT SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM						8-9 RUYTON
PM		6-7:15 RUYTON		6-7:15 RUYTON	4-5:30 FITZROY	5-6:15 RUYTON
SWIMMERS MAY ATTEND UP TO 3 SESSIONS (FROM 5 AVAILABLE)						
FITNESS SQUAD						
	MON	TUE	WED	THU	FRI	SAT
PM		6-7:15 RUYTON		6-7:15 RUYTON		5-6:15 RUYTON

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)						

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)						

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

FITZROY SWIMMING POOL
160 ALEXANDRA PARADE
FITZROY, VIC 3067