



# 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)						

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	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	

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)						

