

# FITZROY SQUAD TIMETABLE - 2026 TERM 1

EFFECTIVE JANUARY 19

STATE SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM	5:45 ACTIVATION ST CATHS		5:45 ACTIVATION ST CATHS		5:45 ACTIVATION RUYTON	8:30-9 ACTIVATION FITZROY
	6-7:30 AGE 13+ ST CATHS		6-7:30 SWIM ST CATHS		6-7:30 SWIM RUYTON	9-11 SWIM FITZROY
PM	4:45 ACTIVATION FITZROY	5:15-6:15 GYM RUYTON	4:45 ACTIVATION FITZROY	5:15-6:15 GYM RUYTON		
	5-6:30 AGE 12/U FITZROY	6:15-7:45 SWIM RUYTON	5-6:30 SWIM FITZROY	6:15-7:45 SWIM RUYTON		
SWIMMERS MAY ATTEND UP TO 6 SESSIONS (FROM 7 AVAILABLE)						

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	4:45 ACTIVATION FITZROY		5:45 ACTIVATION RUYTON			
	5-6:30 SWIM FITZROY		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
PM	4-5 FITZROY		4-5 FITZROY	4-5:30 FITZROY		8-9AM RUYTON
SWIMMERS MAY ATTEND UP TO 3 SESSIONS (FROM 4 AVAILABLE)						

GOLD SQUAD						
	MON	TUE	WED	THU	FRI	SAT
PM	4-5 FITZROY	4-5 RUYTON	4-5 FITZROY	4-5 RUYTON	4-5 RUYTON	
SWIMMERS MAY ATTEND UP TO 2 SESSIONS (FROM 5 AVAILABLE)						

**FITZROY SWIMMING POOL**  
160 ALEXANDRA PARADE  
FITZROY, VIC 3067

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

**ST CATHERINE'S SCHOOL**  
INT. HEYINGTON PL & BALFOUR ST  
TOORAK, VIC 3142 (ENTER VIA GATE 6)

