

MELBOURNE SQUAD TIMETABLE - 2026 TERM 1



**EFFECTIVE
JAN 19**

NATIONAL PERFORMANCE & NATIONAL OPEN SQUADS						
	MON	TUE	WED	THU	FRI	SAT
AM	5:45 ACTIVATION RICHMOND		5:45 ACTIVATION RICHMOND	5:30 ACTIVATION ST CATHS		6:45 ACTIVATION ST CATHS
	6-7:30 SWIM RICHMOND		6-7:30 SWIM RICHMOND	5:45-7:30 SWIM ST CATHS		7-8:45 SWIM ST CATHS
PM	3:55-4:45 GYM RICHMOND	4:30 ACTIVATION ST CATHS	4:45 ACTIVATION RICHMOND	4:30 ACTIVATION ST CATHS	3:55-4:45 GYM RICHMOND	
	5-7 SWIM RICHMOND	5-6:30 SWIM ST CATHS	5-7 SWIM RICHMOND	5-6:30 SWIM ST CATHS	5-7 SWIM RICHMOND	
NATIONAL OPEN SQUAD SWIMMERS INVITED TO ATTEND HIGHLIGHTED SESSIONS						

NATIONAL AGE SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM	5:45 ACTIVATION ST CATHS		5:45 ACTIVATION ST CATHS			8:30 ACTIVATION ST CATHS
	6-7:30 SWIM ST CATHS		6-7:30 SWIM ST CATHS			8:45-10:15 SWIM ST CATHS
PM		3:55-4:45 GYM RICHMOND	3:45 ACTIVATION RICHMOND	3:55-4:45 GYM RICHMOND	5:15 ACTIVATION ST CATHS	
		5:30-7 SWIM RICHMOND	4-6 SWIM RICHMOND	5:30-7 SWIM RICHMOND	5:30-7 SWIM ST CATHS	

STATE AGE SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM	5:45 ACTIVATION ST CATHS		5:45 ACTIVATION ST CATHS			7:45-8:30 GYM ST CATHS
	6-7:30 AGE 13+ ST CATHS		6-7:30 SWIM ST CATHS			8:45-10:15 SWIM ST CATHS
PM	4:45 ACTIVATION ST CATHS	4-5:30 SWIM RICHMOND	4-4:45 GYM RICHMOND	4-5:30 SWIM RICHMOND	4-5:30 AGE 12/U ST CATHS	
	5-6:30 AGE 12/U ST CATHS				5:15-7 AGE 13+ ST CATHS	

STATE DEVELOPMENT SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM						10AM ACTIVATION ST CATHS
						10:15-11:30 SWIM ST CATHS
PM	4:45 ACTIVATION ST CATHS		4:45 ACTIVATION ST CATHS			
	5-6:30 SWIM ST CATHS		5-6:30 SWIM ST CATHS		4-5:30 SWIM ST CATHS	

DEVELOPMENT SQUADS 1 & 2						
	MON	TUE	WED	THU	FRI	SAT
PM	4-5 DEV 1 & 2 ST CATHS		4-5 DEV 1 ST CATHS	4-5 DEV 1 ST CATHS		10:15-11:30 (AM) DEV 1 & 2 ST CATHS
		6:30-7:30 DEV 2 ST CATHS		6:30-7:30 DEV 2 ST CATHS		
SWIMMERS MAY ATTEND UP TO 3 SESSIONS PER WEEK IN THEIR STREAM						

GOLD & SILVER SQUADS (ST CATHS)			
	SILVER	GOLD 1	GOLD 2
PM	WED 4-5PM	MON 4-5PM	TUE 6:30-7:30PM
	THU 5-6PM	THU 4-5PM	THU 6:30-7:30PM