

MELBOURNE SQUAD TIMETABLE - 2026 TERM 2

APRIL 20 - JUNE 27



NATIONAL PERFORMANCE & NATIONAL OPEN SQUADS						
	MON	TUE	WED	THU	FRI	SAT
AM	5:30 ACTIVATION ST CATHS IP		5:45 ACTIVATION RICHMOND IP	5:30 ACTIVATION ST CATHS IP & LP		NATIONAL PERFORMANCE 6:30 ACTIVATION 6:45-8:45 SWIM ST CATHS IP & LP
	5:45-7:30 SWIM ST CATHS IP		6-7:30 SWIM RICHMOND IP	5:45-7:30 SWIM ST CATHS IP & LP		
PM	4-4:45 GYM RICHMOND	4:30 ACTIVATION ST CATHS IP & CC	(NAT OPEN) 4-4:45 GYM RICHMOND	4:30 ACTIVATION ST CATHS IP	4-4:45 GYM RICHMOND	NATIONAL OPEN 8:30 (AM) ACTIVATION 8:45-10:30 SWIM ST CATHS IP & LP
	5-7 SWIM RICHMOND IP	5-6:30 SWIM ST CATHS IP & CC	4:45-7 ACTIVATE & SWIM RICHMOND IP	5-6:30 SWIM ST CATHS IP & YP	5-7 SWIM RICHMOND IP	

NATIONAL OPEN: HIGHLIGHTED SESSIONS ONLY (UP TO 6/WEEK), PLUS 2 X GYM

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

STATE OPEN SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM	5:45 ACTIVATION RICHMOND LP & JA	5:30 ACTIVATION ST CATHS LP & CC	5:30 ACTIVATION ST CATHS LP & JA			9:15-10:00 GYM RICHMOND
	6-7:30 SWIM RICHMOND LP & JA	5:45-7:30 SWIM ST CATHS LP & CC	5:45-7:30 SWIM ST CATHS LP & JA			10:30-12 SWIM ST CATHS LP & CA
PM			4-4:45 GYM RICHMOND	4-4:45 GYM RICHMOND	5:15 ACTIVATION ST CATHS LP & CC	
			5:30-7 SWIM RICHMOND LP	5:30-7 SWIM ST CATHS LP & CC		

THURSDAY SESSION: INVITE ONLY (incl. GYM 2X / WEEK)

STATE AGE SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM			5:30 ACTIVATION ST CATHS LP & JA			9:15-10:00 GYM RICHMOND
			5:45-7:30 SWIM ST CATHS LP & JA			10:30-12 SWIM ST CATHS LP & CA
PM	4:45 ACTIVATION ST CATHS LP & YP	3:45 ACTIVATION RICHMOND LP	4-4:45 GYM RICHMOND	3:45 ACTIVATION RICHMOND LP	3:45 ACTIVATION ST CATHS LP & CC	
	5-6:30 SWIM ST CATHS LP & YP	4-5:30 SWIM RICHMOND LP		4-5:30 SWIM RICHMOND LP	4-5:30 SWIM ST CATHS LP & CC	

STATE DEVELOPMENT SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM						10:15 ACTIVATION ST CATHS LP & CA
						10:30-12 SWIM ST CATHS LP & CA
PM			4:45 ACTIVATION ST CATHS LP & YP		4:45 ACTIVATION ST CATHS YP	3:45 ACTIVATION ST CATHS LP & CC
			5-6:30 SWIM ST CATHS LP & YP		5-6:30 SWIM ST CATHS YP	4-5:30 SWIM ST CATHS LP & CC

DEVELOPMENT SQUADS 1 & 2						
	MON	TUE	WED	THU	FRI	SAT
PM	DEV 1 & 2 4-5 ST CATHS YP		DEV 1 4-5 ST CATHS YP	DEV 1 4-5 ST CATHS YP		DEV 1 & 2 8-9 RUYTON POOL CC
		DEV 2 6:30-7:30 ST CATHS CC		DEV 2 6:30-7:30 ST CATHS YP		

SWIMMERS MAY ATTEND UP TO 3 SESSIONS PER WEEK IN THEIR STREAM

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

ADULT	
MONDAY	
PM	5:45-6:30 ST CATHS YP