

GEELONG SQUAD TIMETABLE - TERM 3 2026 20 JUL - 20 SEP

NATIONAL SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM	5:30 ACTIVATION KAC LW	5:15 ACTIVATION NORLANE LW			5:15 ACTIVATION NORLANE LW	8:15 ACTIVATION KAC LW
	5:45-7:30 SWIM KAC LW	5:30-7:30 SWIM NORLANE LW			5:30-7:30 SWIM NORLANE LW	8:30-10:30 SWIM KAC LW
PM		4:00 ACTIVATION KAC LW	5:15-6 GYM CORE	4:00 ACTIVATION KAC LW	4:30-5:15 GYM CORE	
		4:15-6:15 SWIM KAC LW	6:45-8:30 ACTIV & SWIM GC LW	4:15-6:15 SWIM KAC LW	5:45-7:30 ACTIV & SWIM GC LW	

STATE SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM	5:30 ACTIVATION KAC LW				5:15 ACTIVATION NORLANE LW	8:15 ACTIVATION KAC LW
	5:45-7:30 SWIM KAC LW				5:30-7:30 SWIM NORLANE LW	8:30-10:30 SWIM KAC LW
PM		4:00 ACTIVATION KAC LW	5:15-6 GYM CORE	4:00 ACTIVATION KAC LW	4:30-5:15 GYM CORE	
		4:15-6:15 SWIM KAC LW	6:45-8:30 ACTIV & SWIM GC LW	4:15-6:15 SWIM KAC LW	5:45-7:30 ACTIV & SWIM GC LW	

STATE DEVELOPMENT SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM	5:15 ACTIVATION GC BW	5:15 ACTIVATION NORLANE LW	5:15 ACTIVATION GC BW			8:15 ACTIVATION KAC BW
	5:30-7 SWIM GC BW	5:30-7 SWIM NORLANE LW	5:30-7 SWIM GC BW			8:30-10 SWIM KAC BW
PM					5:45 ACTIVATION GC BW	
					6-7:30 SWIM GC BW	

TARGET SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM	5:15 ACTIVATION GC BW		5:15 ACTIVATION GC BW			8:15 ACTIVATION KAC BW
	5:30-7 SWIM GC BW		5:30-7 SWIM GC BW			8:30-10 SWIM KAC BW
PM		6:15 ACTIVATION GC BW		6:15 ACTIVATION GC BW		
		6:30-8 SWIM GC BW		6:30-8 SWIM GC BW		

SWIMMERS MAY ATTEND UP TO 4 SESSIONS PER WEEK

DEVELOPMENT SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM	5:15 ACTIVATION GC BW					8:15 ACTIVATION KAC BW
	5:30-7 SWIM GC BW					8:30-10 SWIM KAC BW
PM		6:15 ACTIVATION GC BW		6:15 ACTIVATION GC BW		
		6:30-7:30 SWIM GC BW		6:30-7:30 SWIM GC BW		

SWIMMERS MAY ATTEND UP TO 3 SESSIONS PER WEEK

GC = GEELONG COLLEGE
CORE = CORE HEALTH GROUP
KAC = KARDINIA AQUATIC CENTRE
NBAC = NORTH BELLARINE AQUATIC CENTRE
NORLANE = NORTHERN AQUATIC & COMMUNITY HUB

