

RUYTON SQUAD TIMETABLE - TERM 3 2026

13 JUL - 20 SEP

STATE DEVELOPMENT SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM					5:45 ACTIVATION RUYTON JA & CC	8:30-9 DRYLAND FITZROY JA
					6-7:30 SWIM RUYTON JA & CC	9-11 SWIM FITZROY JA
PM	5:45 ACTIVATION RUYTON CC		5:45 ACTIVATION RUYTON CC			
	6-7:15 SWIM RUYTON CC		6-7:15 SWIM RUYTON CC	4-5:30 SWIM FITZROY SR		
SWIMMERS MAY ATTEND UP TO 4 SESSIONS (FROM 5 AVAILABLE)						

DEVELOPMENT SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM						8-9 RUYTON CC
PM	6-7:15 RUYTON CC		5-6 RUYTON CC	4-5:30 FITZROY SR	5-6:15 RUYTON JA	
SWIMMERS MAY ATTEND UP TO 3 SESSIONS (FROM 5 AVAILABLE)						

FITNESS SQUAD						
	MON	TUE	WED	THU	FRI	SAT
PM	6-7:15 RUYTON CC		6-7:15 RUYTON CC		5-6:15 RUYTON JA	

GOLD SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM						9-10 RUYTON CC
PM	5-6 RUYTON CC	4-5 RUYTON JA	4-5 RUYTON CC	4-5 RUYTON JA	4-5 RUYTON JA	
SWIMMERS MAY ATTEND 2-3 SESSIONS PER WEEK (PLEASE BOOK PREFERRED SESSIONS VIA THE PORTAL)						

SILVER SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM						9-10 RUYTON CC
PM	4-5 RUYTON CC	5-6 RUYTON JA	4-5 RUYTON CC	5-6 RUYTON JA	4-5 RUYTON JA	
SWIMMERS MAY ATTEND 1-2 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

