MELBOURNE SQUAD TIMETABLE - TERM 4 2026 5 OCT - 19 DEC

NATIONAL PERFORMANCE SQUAD

	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		6:30 ACTIVATION 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		6:45-8:45 SWIM ST CATHS IP & LP
PM	4-4:45 GYM RICHMOND	4:30 ACTIVATION ST CATHS IP & CC		4:30 ACTIVATION ST CATHS IP	4-4:45 GYM RICHMOND	
	5-7 SWIM RICHMOND IP	5-6:30 SWIM ST CATHS IP & CC		5-6:30 SWIM ST CATHS IP	5-7 SWIM RICHMOND IP	

NATIONAL OPEN SQUAD

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

NATIONAL AGE SQUAD

	MON	TUE	WED	THU	FRI	SAT
AM	5:45 ACTIVATION RICHMOND LP & JA	5:30 ACTIVATION ST CATHS LP & CA				8:30 ACTIVATION ST CATHS IP &LP
	6-7:30 SWIM RICHMOND LP & JA	5:45-7 SWIM ST CATHS LP & CA				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 & CA	
		5:30-7 SWIM RICHMOND LP	4-6 SWIM RICHMOND IP	5:30-7 SWIM RICHMOND LP	5:30-7 SWIM ST CATHS LP & CA	

STATE OPEN SQUAD

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

STATE AGE SQUAD

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

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 & CA		4:45 ACTIVATION ST CATHS CA		3:45 ACTIVATION ST CATHS LP & CA	
	5-6:30 SWIM ST CATHS LP & CA		5-6:30 SWIM ST CATHS CA		4-5:30 SWIM ST CATHS LP & CA	

DEVELOPMENT SQUADS 1 & 2

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

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

SILVER & GOLD SQUADS

	SILVER	GOLD 1	GOLD 2
PM	WEDNESDAY 4-5 ST CATHS AC	MONDAY 4-5 ST CATHS AC	TUESDAY 6:30-7:30 ST CATHS CC
	THURSDAY 5-6 ST CATHS CA	THURSDAY 4-5 ST CATHS CC	THURSDAY 6:30-7:30 ST CATHS CC
	THURSDAY 5:30-6:30 ST CATHS CC		

ADULT SQUAD

	MONDAY
PM	5:45-6:30 ST CATHS CA

CLUB MELBOURNE SWIMMING

BE PART OF A TEAM THAT GIVES YOU MORE