GEELONG SQUAD TIMETABLE - TERM 4 2026

5 OCT - 17 OCT

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

CLUB MELBOURNE SWIMMING
BE PART OF A TEAM THAT GIVES YOU MORE

GEELONG SQUAD TIMETABLE - TERM 4 2026

19 OCT - 12 DEC

NATIONAL SQUAD

	MON	TUE	WED	THU	FRI	SAT
AM	5:30 ACTIVATION KAC LW	5:15 ACTIVATION NORLANE LW			5:15 ACTIVATION NORLANE LW	7:45 ACTIVATION NBAC LW
	5:45-7:30 SWIM KAC LW	5:30-7:30 SWIM NORLANE LW			5:30-7:30 SWIM NORLANE LW	8-10 SWIM NBAC 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	7:45 ACTIVATION NBAC LW
	5:45-7:30 SWIM KAC LW				5:30-7:30 SWIM NORLANE LW	8-10 SWIM NBAC 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			7:45 ACTIVATION NBAC BW
	5:30-7 SWIM GC BW	5:30-7 SWIM NORLANE LW	5:30-7 SWIM GC BW			8-9:30 SWIM NBAC 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			7:45 ACTIVATION NBAC BW
	5:30-7 SWIM GC BW		5:30-7 SWIM GC BW			8-9:30 SWIM NBAC 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					7:45 ACTIVATION NBAC BW
	5:30-7 SWIM GC BW					8-9:30 SWIM NBAC 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		

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GEELONG SQUAD TIMETABLE - TERM 4 2026

14 DEC - 19 DEC

NATIONAL SQUAD

	MON	TUE	WED	THU	FRI	SAT
AM	5:30 ACTIVATION KAC LW	5:15 ACTIVATION NORLANE LW			5:15 ACTIVATION NORLANE LW	TRAINING CANCELLED ... SV OPEN WATER CHAMPS & CHRISTMAS PARTY
	5:45-7:30 SWIM KAC LW	5:30-7:30 SWIM NORLANE LW			5:30-7:30 SWIM NORLANE LW	
PM		4:00 ACTIVATION KAC LW	5:15-6 GYM CORE	4:00 ACTIVATION KAC LW	5:15-6 GYM CORE	
		4:15-6:15 SWIM KAC LW	6:45-8:30 ACTIV & SWIM LEISURELINK LW	4:15-6:15 SWIM KAC LW	6:45-7:45 ACTIV & SWIM LEISURELINK LW	

STATE SQUAD

	MON	TUE	WED	THU	FRI	SAT
AM	5:30 ACTIVATION KAC LW				5:15 ACTIVATION NORLANE LW	TRAINING CANCELLED ... SV OPEN WATER CHAMPS & CHRISTMAS PARTY
	5:45-7:30 SWIM KAC LW				5:30-7:30 SWIM NORLANE LW	
PM		4:00 ACTIVATION KAC LW	5:15-6 GYM CORE	4:00 ACTIVATION KAC LW	5:15-6 GYM CORE	
		4:15-6:15 SWIM KAC LW	6:45-8:30 ACTIV & SWIM LEISURELINK LW	4:15-6:15 SWIM KAC LW	6:45-7:45 ACTIV & SWIM LEISURELINK LW	

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	MON	TUE	WED	THU	FRI	SAT
AM	5:30 ACTIVATION KAC BW	5:15 ACTIVATION NORLANE LW				TRAINING CANCELLED ... SV OPEN WATER CHAMPS & CHRISTMAS PARTY
	5:45-7:15 SWIM KAC BW	5:30-7 SWIM NORLANE LW				
PM			6:45 ACTIVATION LEISURELINK BW			
			7-8:30 SWIM LEISURELINK BW		6:45-7:45 ACTIV & SWIM LEISURELINK LW	

TARGET SQUAD

	MON	TUE	WED	THU	FRI	SAT
AM	5:30 ACTIVATION KAC BW					TRAINING CANCELLED ... SV OPEN WATER CHAMPS & CHRISTMAS PARTY
	5:45-7:15 SWIM KAC BW					
PM		4:00 ACTIVATION KAC BW	6:45 ACTIVATION LEISURELINK BW	6:45 ACTIVATION LEISURELINK BW		
		4:15-5:45 SWIM KAC BW	7-8:30 SWIM LEISURELINK BW	7-8:30 SWIM LEISURELINK BW		

SWIMMERS MAY ATTEND UP TO 4 SESSIONS PER WEEK

DEVELOPMENT SQUAD

	MON	TUE	WED	THU	FRI	SAT
AM	5:30 ACTIVATION KAC BW					TRAINING CANCELLED ... SV OPEN WATER CHAMPS & CHRISTMAS PARTY
	5:45-7:15 SWIM KAC BW					
PM		4:00 ACTIVATION KAC BW		6:45 ACTIVATION LEISURELINK BW		
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