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

NATIONAL AGE SQUAD

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

STATE SQUAD

	MON	TUE	WED	THU	FRI	SAT
AM					5:45 ACTIVATION RUYTON JA & CC	10-10:30 ACTIVATION FITZROY JA
					6-7:30 SWIM RUYTON JA & CC	10:30-12:30 SWIM FITZROY JA
PM	4:45 ACTIVATION FITZROY JA	5:15-6:15 GYM RUYTON	4:45 ACTIVATION FITZROY JA	5:15-6:15 GYM RUYTON		
	5-6:30 SWIM FITZROY JA	6:15-7:45 SWIM RUYTON JA	5-6:30 SWIM FITZROY JA	6:15-7:45 SWIM RUYTON JA		

STATE DEVELOPMENT SQUAD

	MON	TUE	WED	THU	FRI	SAT
AM					5:45 ACTIVATION RUYTON JA & CC	10-10:30 ACTIVATION FITZROY JA
					6-7:30 SWIM RUYTON JA & CC	10:30-12 SWIM FITZROY JA
PM	4:45 ACTIVATION FITZROY JA		5:45 ACTIVATION RUYTON CA			
	5-6:30 SWIM FITZROY JA		6-7:15 SWIM RUYTON CA & AC	4-5:30 SWIM FITZROY SR		

SWIMMERS MAY ATTEND UP TO 4 SESSIONS (FROM 5 AVAILABLE)

DEVELOPMENT SQUAD

	MON	TUE	WED	THU	FRI	SAT
PM	4-5 FITZROY JA		4-5 FITZROY JA	4-5:30 FITZROY SR		8-9AM RUYTON CC

SWIMMERS MAY ATTEND UP TO 3 SESSIONS (FROM 4 AVAILABLE)

GOLD SQUAD

	MON	TUE	WED	THU	FRI	SAT
PM	4-5 FITZROY SR	4-5 RUYTON JA	4-5 FITZROY SR	4-5 RUYTON JA		

SWIMMERS MAY ATTEND UP TO 2 SESSIONS (FROM 4 AVAILABLE)

FITZROY SWIMMING POOL
160 ALEXANDRA PARADE
FITZROY, VIC 3067

RUYTON GIRLS' SCHOOL
ENTER VIA FITZWILLIAM ST
KEW, VIC 3101

ST CATHERINE'S SCHOOL
INT. HEYINGTON PL & BALFOUR ST
TOORAK, VIC 3142 (ENTER VIA GATE 6)

RICHMOND RECREATION CENTRE
11-15 GLEADELL ST
RICHMOND, VIC 3121

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