RUYTON SQUAD TIMETABLE - TERM 4 2026

5 OCT - 19 DEC

STATE DEVELOPMENT SQUAD

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

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 CC	

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 CC	

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 CC	

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

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