



STARsquad Program

Bronze STARsquad Training

Mon 30th Jan - Sat Mar 31st

Day	Time	
Monday PM	3.40pm – 4.30pm	
Tuesday PM	6.40pm – 7.30pm	
Wednesday PM	3.40pm – 4.30pm	
Thursday PM	5.00pm – 5.30pm Land 5.30pm – 6.45pm Pool	Club night – all welcome
Club Champ Night	5.00pm – 5.30pm Land 5.30pm – 5.45pm Pool warm up 5.45pm – Approx. 7.30pm Race	
Friday PM	3.40pm – 4.30pm	
Saturday AM	5.45am – 6.00am Stretch 6.00am – 7.45am Pool 8.15am – 9.00am	

Silver STARsquad Training

Mon 30th Jan - Sat 31st Mar 2012

Day	Time	
Monday PM	4.30pm – 5.45pm	
Tuesday PM	5.45pm – 7.00pm	
Wednesday PM	4.30pm – 5.45pm	
Thursday PM	5.00pm – 5.30pm Land 5.30pm – 6.45pm Pool	Club night – all welcome
Club Champ Night	5.00pm – 5.30pm Land 5.30pm – 5.45pm Pool warm up 5.45pm – Approx. 7.30pm Race	
Friday PM	4.30pm – 5.45pm	
Saturday AM	5.45am – 6.00am 6.00am – 7.45am 8.15am – 9.00am	