



# STARsquad Program

## Gold STARsquad Training

**Mon 30th Jan - Sat Mar 31st**

Day	Time	Venue
Monday AM	5.45am – 6.00am Stretch 6.00am – 7.45am Pool 7.45am – 8.00am Stretch	STARplex
Monday PM	5.00pm – 5.30pm Land 5.30pm – 7.00pm Pool	STARplex
<b>Tuesday AM</b>	<b>No Training</b>	
Tuesday PM	4.00pm – 5.45pm Pool 5.45pm – 6.00pm Stretch	Gawler Outdoor Pool
<b>Wednesday AM Wednesday PM</b>	<b>No Training</b>	
Thursday AM	6.00am – 7.45am Pool 7.45am – 8.00am Stretch	Gawler Outdoor Pool
Thursday PM Club Champ Nights	5.00pm – 5.30pm Land 5.30pm – 7.00pm Pool 5.00pm – 5.30pm Land 5.30pm – 5.45pm Pool warm up 5.45pm – 7.30pm Race Time	STARplex
<b>Friday AM</b>	<b>No Training</b>	
Friday PM	5.00pm – 5.30pm Land 5.30pm – 7.00pm Pool	STARplex
Saturday AM	5.45am – 6.00am Stretch 6.00am – 7.45am Pool 8.15am – 9.00am	STARplex Fitness Centre Class



# STARsquad Program

## High Performance Training

**Mon 30th Jan - Sat 31st Mar 2012**

Day	Time	Venue
Monday AM	5.45am – 6.00am Stretch 6.00am – 7.45am Pool 7.45am – 8.00am Stretch	STARplex
Monday PM	3.45pm – 4.00pm Land 4.00pm – 5.30pm Pool 5.30pm – 5.45pm Stretch	STARplex
Tuesday AM	5.45am – 6.00am Stretch 6.00am – 7.45am Pool 7.45am – 8.00am Stretch	STARplex
Tuesday PM	4.00pm – 5.45pm Pool 5.45pm – 6.00pm Stretch	Gawler Outdoor Pool
Wednesday AM	5.45am – 6.00am Stretch 6.00am – 7.45am Pool 7.45am – 8.00am Stretch	STARplex
Wednesday PM	No Training	
Thursday AM	6.00am – 7.45am Pool 7.45am – 8.00am Stretch	Gawler Outdoor Pool
Thursday PM	5.00pm – 7.00pm Pool	STARplex
<b>Club Champ Nights Only</b>	5.00pm – 5.30pm Land 5.30pm – 5.45 Pool Warm up 5.45pm – 7.30pm Race Time	
Friday AM	No Training	
Friday PM	3.45pm – 4.30pm Land 4.30pm – 5.30pm	STARplex Skills Session
Saturday AM	5.45am – 6.00am Stretch 6.00am – 7.45am Pool 8.15am – 9.00am Class	STARplex Fitness Centre Class