

LEVEL	CLEVELAND AQUATIC CENTRE							
	WEEK COMMENCING : MON 19th August 2024							
	SQUAD		MON	TUES	WEDS	THURS	FRI	SAT
BRONZE	JUNIOR	AM						08:00-09:30
		PM	15:30-16:30	15:30-16:30	15:30-16:30	15:30-16:30		
SILVER	FITNESS	PM	17:00-18:30	15:30-17:00	15:30-17:00	15:30-17:00	15:30-16:30	
	DEVELOPMENT	AM						08:00-09:30
		PM	15:30-16:45	15:30-16:45	15:30-16:45	15:30-16:45	15:30-16:30	
	STATE 1	PM	16:45-17:00 Mobility 17:00-18:30 SWIM	16:45-17:00 Mobility 17:00-18:30 SWIM	16:45-17:00 Mobility 17:00-18:30 SWIM	16:45-17:00 Mobility 17:00-18:30 SWIM	16:00-16:30 Mobility 16:30-18:00 SWIM	08:00-09:30
	STATE 2	AM		05:00-07:00 SWIM		05:00-07:00 SWIM		08:00-09:30
		PM	15:30-17:00 OR 17:00-18:30 SWIM	16:45-17:00 Mobility 17:00-18:30 SWIM	16:30-16:45 Mobility 16:45-18:30 SWIM	16:45-17:00 Mobility 17:00-18:30 SWIM	16:00-16:30 Mobility 16:30-18:00 SWIM	
GOLD	STATE PERFORMANCE	AM		05:00-07:00 SWIM		05:00-07:00 SWIM		08:00-09:30
		PM	15:30-17:00 SWIM	16:30-17:30 SWIM 17:30-18:30 GYM	16:30-16:45 Mobility 16:45-18:30 SWIM	16:30-16:45 Mobility 16:45-18:30 SWIM	16:00-16:30 MOBILITY 16:30-18:00 SWIM	
	NATIONAL DEVELOPMENT	AM		05:00-07:00		05:00-07:00		08:00-09:30
		PM	16:15-16:30 Mobility 16:30-18:30 SWIM	16:30-17:30 SWIM 17:30-18:30 GYM	16:30-16:45 Mobility 16:45-18:30 SWIM	16:15-16:30 MOBILITY 16:30-18:30 SWIM	16:00-16:30 MOBILITY 16:30-18:00 SWIM	
	NATIONAL	AM	05:00-07:00	05:00-07:00	05:00-07:00	05:00-07:00 (LONG DISTANCE SQUAD)	05:00-07:00	06:00-08:00 08:30-09:30 GYM
		PM	16:15-16:30 Mobility 16:30-18:30 SWIM	16:30-17:30 GYM 17:30-18:30 SWIM	OFF	16:15-16:30 MOBILITY 16:30-18:30 SWIM	16:00-17:00 TEST SET 17:00-18:00 GYM	