



Term 4 Squad Timetable 2025

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High Performance	AM	6:00-9:00 Swim & Gym MSAC	6:00-8:00 VIS	6:00-9:00 Swim & Gym MSAC / VIS	6:00-8:00 VIS	6:00-9:00 Swim & Gym Nuna	6:00-8:00 MSAC
	PM	3:00-5:00 MSAC	3:00-5:00 MSAC		3:00-5:00 MSAC	3:00-5:00 MSAC	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Performance	AM	4:45-8:00 Swim & Gym Nuna	5:30-8:00 Nuna	4:45-8:00 Swim & Gym Nuna		4:45-8:00 Swim & Gym Nuna	5:30-8:00 Nuna
	PM	4:00-6:30 Tintern		4:00-6:30 Oakleigh	4:00-6:30 Tintern	4:00-6:30 Oakleigh	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Age Performance	AM	4:45-7:00 Tintern		4:45-7:00 Tintern		4:45-7:00 Tintern	4:45-8:00 Swim & Gym Nuna
	PM	5:00-7:30 Gym & Swim Nuna	4:15-6:30 Burwood		4:15-6:30 Burwood		

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Open	AM	5:15-7:30 NPAC	4:45-7:00 Swim & Gym Nuna		4:45-8:00 Swim & Gym Nuna	5:15-7:30 NPAC	5:30-9:00 Swim & Gym Nuna
	PM	4:00-6:30 Oakleigh		4:15-6:30 Burwood		4:00-6:30 Oakleigh	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Youth	AM	4:45-7:00 Swim & Gym Nuna			5:00-7:30 Gym & Swim NPAC		5:30-9:00 Swim & Gym Nuna
	PM	4:00-6:30 Oakleigh	4:15-6:30 Tintern	4:45-7:00 Tintern		5:45-8:00 Tintern	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Age	AM		4:45-7:00 Tintern		4:45-7:00 Tintern		4:45-7:00 Tintern
	PM	4:45-7:00 Wesley		5:00-7:30 Gym & Swim Nuna		5:00-7:30 Gym & Swim Nuna	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior Talent Squad	AM			4:45-7:00 Swim & Gym Nuna			6:45-9:00 Tintern
	PM		4:45-7:00 Wesley		5:15-7:30 Wesley	4:15-6:30 Tintern	



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		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
State Open Squad	AM	4:45-7:00 Swim & Gym Nuna			5:00-7:30 Gym & Swim NPAC		4:45-7:00 Swim & Gym Nuna
	PM		4:15-6:30 Tintern	4:45-7:00 Tintern		5:45-8:00 Tintern	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
State Age Squad	AM			5:45-7:30 Wesley		4:45-7:00 Swim & Gym Nuna	4:45-7:00 Tintern
	PM	6:15-8:00 Burwood	5:00-7:30 Gym & Swim Nuna		6:00-7:45 Tintern		

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
State Junior Squad	AM				4:45-7:00 Swim & Gym Nuna		6:45-8:30 Tintern
	PM	4:15-6:30 Burwood		6:00-7:30 Wesley		6:00-7:30 Wesley	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Barclay Squad	AM	5:45-7:30 Nuna (LP)		5:45-7:30 Nuna (LP)			6:00-8:00 Wesley
	PM		6:00-7:45 Tintern		5:00-7:30 Gym & Swim Nuna	4:45-6:30 Wesley	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hanson Squad	AM						6:45-8:00 Nuna (LP)
	PM	6:15-7:30 Tintern	6:15-7:30 Tintern	5:00-6:15 Wesley	6:15-7:30 Nuna (LP)	6:15-7:30 Wesley	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Woodhouse Squad	AM						8.10-9.10 Nuna
	PM	6:30-7:30 Tintern	4:00-5:00 5:00-6:00 Nuna	4:15-5:15 Wesley	4:00-5:00 5:00-6:00 Nuna	6:30-7:30 Wesley	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nugent Squad	AM						
	PM	7:30-8:30 Nuna		7:30-8:30 Nuna	7:30-8:30 Nuna		

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Smith Squad	AM						8:00-9:00 Wesley
	PM	7:30-8:30 Nuna	7:30-8:30 Nuna	7:30-8:30 Nuna	6:30-7:30 Tintern		