

Squad Timetable

SBSC TIMETABLE (Winter Season : 06th May 2024 – 29th September 2024) **UPDATED!!**

**** Notable time/venue changes highlighted blue**

VENUES / LEGEND

Venue	Explanation
SBP	Scarborough Beach Pool, sessions shown in WHITE. All sessions start at hill side of the main pool.
Churchlands	Churchlands Senior High School Pool, sessions shown in YELLOW.
Friday PM Junior Friday Night Racing (FNR)	FNR are cancelled until further notice. Junior State and Junior Performance will train at Scarborough every second week beginning 10 th May (week 1)

DOLPHINS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						
PM	4:15-5:00 Drew/Kaila (Scarborough)	4:00-4:30 Jake	4:00-4:30 Kaila	4:00-4:30 Adriano		

DOLPHINS GOLD

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						
PM	4:15-5:00 Drew/Kaila	4:15-5:00 Davide	4:15-5:00 Drew	4:15-5:00 Davide		

Squad Timetable

JUNIOR DEVELOPMENT

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM			5:30-7:00 Kaila (Scarborough)			
PM	4:30-5:30 Davide	4:30-5:30 Jake	4:30-5:30 Kaila	4:30-5:30 Adriano		

JUNIOR STATE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM			5:30-7:00 Kaila (Scarborough)			
PM	5:30-7:00 Davide (Scarborough)	5:00-6:30 Davide	5:30-7:00 Kaila	5:00-6:30 Davide	Week 1 – 4:30 to 6:30 Week 2 - No Training	

JUNIOR PERFORMANCE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM			5:30-7:00 Kaila (Scarborough)		5:30-7:15 Kaila (Scarborough)	07:00-9:00 Drew / Kaila
PM	5:30-7:00 Davide (Scarborough)	5:00-6:30 Davide	5:30-7:00 Kaila	5:00-6:30 Davide	Week 1 – 4:30 to 6:30 Week 2 - No Training	

Squad Timetable

NATIONAL DEVELOPMENT

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:30-7:00 Drew (Scarborough)	5:30-7:30 Drew / Jake		5:30-7:30 Drew / Adriano	5:30 - 7:00 Drew (Scarborough)	07:00-9:00 Drew / Kaila
PM	5:00-7:00 Kaila	GYM	5:00 – 7:00 Drew	GYM	4:30 – 6:30 Drew	

NATIONAL PERFORMANCE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:30-7:00 Drew (Scarborough)	5:30-7:30 Drew / Jake	Approved Distance with AJ	5:30-7:30 Drew / Adriano	5:30 - 7:00 Drew (Scarborough)	07:00-9:00 Drew / Kaila
PM	5:00-7:00 Drew	GYM	5:00-7:00 Drew	GYM	4:30 – 6:30 Drew	

Squad Timetable

SOCIAL FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						07:00-9:00 Drew / Kaila
PM		5:30-7:00 Jake		5:30-7:00 Adriano		

JETS FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:30-7:00 AJ		5:30-7:00 AJ / Jake		5:30-7:00 AJ / Jake	
PM						