

2021 Summer Training Schedule VPSC - from 1st Nov

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5.30 to 7.00am Silver A , Gold and Fitness		5.30 to 7.00am Silver A , Gold and Fitness	
		Note - during Janaury school holidays training is 6.30 to 8am from January 13th		Note - during Janaury school holidays training is 6.30 to 8am From January 15th	7.00 to 8.30am
					Gold & Silver A
					No training 30th Jan - Riverton meet 13th February - Zone meet and Busselton Jetty Swim weekend
4.00 to 5.00pm Bronze and Silver B	4.00 to 5.00pm Bronze and Silver B	4.00 to 5.00pm Silver B ONLY	4.00 to 5.00pm Bronze and Silver B	4.30 to 5.30pm Bronze and Silver B	
5.00 to 7.00pm	5.00 to 6.30pm	5.00 to 7.00pm	4.00 to 4.50pm	Club Nights warm up starts at 4 for Br/Sil B and 4.30 for G/Sil A	
Gold & Silver A (to 6.30)	Gold & Silver A	Gold & Silver A (to 6.30)	Silver A (13 years+) and Gold Dryland (Gym room)		
6.30 to 7.30pm Senior Fitness		5.00 to 6.30pm Senior Fitness	5.00 to 6.30pm Gold and Silver A		
			5.00 to 6.30pm Senior Fitness		

	Bronze
	Bronze and Silver B
	Silver B
	Silver A and Gold
	Gold
	Senior Fitness

- Water bottles need for every session.
- Dryland sessions 13 years plus (Silver A and Gold) - swimmers need closed in shoes, water and a towel and must have completed an acknowledgement and permission form (co signed by parent).
- Gold, Silver A and Fitness swimmers SHOULD BE at the pool 15 minutes before session starts to ensure in the pool on time
- Note no training on Public Holidays or Targeted Meet Days (when meet on Saturday)