PAC SWIMMING

WINTER TRAINING TIMETABLE 2023

Elite		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	AM		5:45-7:45 (SC)		5:45-7:45 (LC)	06:00-07:30 (SC) 200+		
	PM	16:00-18:00 (SC)	17:15-19:00 (SC)	16:00-18:00 (SC)	15:45-17:30 (SC)	15:15-16:45 (SC)	07:45-09:30 (LC) Aqua Jetty	
	S&C	S&C (10:00 WG)	Band/Core 16:30-17:15	S&C 14:00 (WG)		S&C 13:00 (WG/PRAS)	S&C 10am (WG)	

National		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	AM		5:45-7:45 (SC)		5:45-7:45 (LC)	06:00-07:30 (SC)		
	PM	16:00-18:00 (SC)	17:15-19:00 (SC)	16:00-18:00 (SC)	15:45-17:30 (SC)		07:45-0930 (LC) Aqua Jetty	
	Land	S&C (PRAS) 06:30-07:30am	Bands/Core 16:30-17:15	S&C (PRAS) 06:30-07:30am		S&C (PRAS) 16:00-17:15		

Performance Potential		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	AM		5:45-7:30 (SC)		5:45-7:15 (LC)	06:00-07:30 (SC)		
	PM	17:30-19:30 (SC)		18:00-19:30 (SC)	15:45-17:30 (SC)	16:30-18:00 (SC)	07:45-0930 (LC) Aqua Jetty	
	Land			17:30-18:00 club room				

Platinum		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	AM		5:45-7:15 (SC)	06:30-07:30 (SC)			6:45-8:15 (SC)	
	PM	18:30-19:30 (SC)		18:00-19:30 (SC)	17:30-19:15 (SC)	16:45-18:15 (SC)		
	Land	17:30-18:00 poolside		05:45-6:15 Studio 2 17:30-18:00 *club room*				

Gold		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	AM			06:30-07:30 (SC)			6:45-8:15 (SC)	
	PM	18:00-19:30 (SC)	15:45 -17:15 (SC)		17:30-19:15 (SC)	16:45-18:15 (SC)		
	Land	17:30-18:00 poolside		05:45-6:15 Studio 2				

Silver		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	AM			06:30-07:30 (SC)			6:45-8:15 (SC)	
	PM	16:30-17:30 (SC)	15:45 -17:15 (SC)		16:30-17:30 (SC)			
	Land	16:15-16:30 poolside		05:45-6:15 Studio 2				

Bronze		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	AM			06:30-07:30 (SC) option 1			6:45-8:15 (SC)	
	PM	16:30-17:30 (SC)		17:00-18:00 (SC) option 2	16:30-17:30 (SC)			
	Land	16:15-16:30 poolside		05:45-6:15 Studio 2				

Dolphins		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	AM							
	PM	15.45 -16:30 (SC)		17:00-18:00 (SC) invites only	15.45 -16:30 (SC)			
	Land							

Mini Dolphins		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	AM							