



Target Squad Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim AM					6:00 - 7:15	6:00 - 7:30
					(50m pool)	(50m pool)
Swim PM	5:00 - 6:15	4:30 - 5:45	5:30 - 6:45	4:00 – 5:15		
	(50m pool)	(25m pool)	(25m pool)	(50m pool)		