

Wenona Swim Squad Timetable Term 3 2025

Squad		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mini	PM	(1) 3:30 - 4:15pm Swim* (2) 4:45 - 5:30pm Swim**	(1) 3:30 - 4:15pm Swim* (2) 4:45 - 5:30pm Swim**	(1) 3:30 - 4:15pm Swim* (2) 4:45 - 5:30pm Swim**			
Junior	PM	3:30 - 4:30pm Swim	3:30 - 4:30pm Swim	3:30 - 4:30pm Swim			
Junior Competitive	AM				6:30 - 6:50am Gym 6:50 - 7:50am Swim		
	PM	3:30 - 4:45pm Swim	3:30 - 4:45pm Swim	3:30 - 4:45pm Swim		3:30 - 4:30pm Swim 4:30 - 5:00pm Gym	
Junior Performance	AM		6:00 - 7:00am Swim 7:15-7:50am Gym		6:00-7:00am Swim 7:15-7:50am Gym	6:00-6:15am Activation 6:15-7:40am Swim	
	PM	4:00 - 4:30pm Activation 4:30 - 6:00pm Swim	4:00 - 4:30pm Activation 4:30 - 6:00pm Swim	4:00 - 4:30pm Activation 4:30 - 6:00pm Swim		3:30 - 4:30pm Swim 4:30 - 5:00pm Gym	
Senior Performance	AM		6:00 - 6:50am Gym 7:00 - 7:50am Swim		6:00 - 6:50am Gym 7:00 - 7:50am Swim	6:00 - 7:45am Swim	5:45 - 7:45am Swim 8:00 - 9:00am Spin
	PM	4:30 - 5:00pm Activation 5:00 - 6:45pm Swim	4:30 - 5:00pm Activation 5:00 - 6:45pm Swim	4:20 - 4:45pm Activation 4:45 - 6:30pm Swim			
Senior Squad <i>Wenona Students Only</i>	AM		6:00 - 6:50am Gym 7:00 - 7:50am Swim		6:00 - 6:50am Gym 7:00 - 7:50am Swim	6:00 - 7:45am Swim	5:45 - 7:45am Swim 8:00 - 9:00am Spin
	PM			4:20 - 4:45pm Activation 4:45 - 6:30pm Swim			
Fit & Fast <i>Wenona Students Only</i>	AM		6:00 - 7:00am Swim		6:00 - 7:00am Swim		
	PM			5:30 - 6:30pm Swim			
Fitness <i>Wenona Students Only</i>	AM		7:00 - 7:45am Swim				
	PM	4:15 - 5:00pm Swim	4:15 - 5:00pm Swim	4:15 - 5:00pm Swim			
IPSHA Development Term 3 Clinic	PM				3:30 - 4:30pm Swim <i>Invitation only</i>		

* Wenona students are given first preference in 3:30pm squads.

** External students are given first preference.