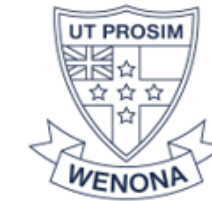


Wenona Swim Squad Timetable Term 1 2026



Squad		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mini	PM	(1) 3:30 - 4:15pm Swim* (2) 5:00 - 5:45pm Swim**	(1) 3:30 - 4:15pm Swim* (2) 5:00 - 5:45pm Swim**	(1) 3:30 - 4:15pm Swim* (2) 5:00 - 5:45pm Swim**			
Junior	PM	3:30 - 4:30pm Swim	3:30 - 4:30pm Swim	3:30 - 4:30pm Swim			
Junior Competitive	AM				6:30 - 7:00 Gym 7:00 - 7:50am Swim		
	PM	3:30 - 4:45pm Swim	3:30 - 4:45pm Swim	3:30 - 4:45pm Swim			
Junior Performance	AM		6:00 - 7:00am Swim 7:15 - 8:00am Gym		6:00 - 7:45am Swim		5:45 - 6:00am Activation 6:00 - 7:45am Swim
	PM	4:00 - 4:30pm Gym 4:30 - 6:00pm Swim	4:00 - 4:30pm Gym 4:30 - 6:00pm Swim	4:00 - 4:30pm Gym 4:30 - 6:00pm Swim			
Senior Performance	AM		6:00 - 7:00am Gym 7:00 - 8:00am Swim		6:00 - 7:00am Gym 7:00 - 8:00am Swim	IGSA Session Wenona Students Only Week 1- 6 6:00 - 8:00am Swim	5:45 - 7:45am Swim 8:00 - 9:00am Spin/Gym
	PM	4:30 - 5:00pm Activation 5:00 - 6:45pm Swim	4:30 - 5:00pm Activation 5:00 - 6:45pm Swim	4:30 - 5:00pm Activation 5:00 - 6:45pm Swim	PAPP Training 4:00 - 6:00pm <i>Invitation only</i>		
Senior Squad <i>Wenona Students Only</i>	AM		6:00 - 6:65am Gym 7:00 - 8:00am Swim		6:00 - 6:65am Gym 7:00 - 8:00am Swim	IGSA Session Wenona Students Only Week 1- 6 6:00 - 8:00am Swim	5:45 - 7:45am Swim 8:00 - 9:00am Gym
	PM			4:30 - 5:00pm Activation 5:00 - 6:45pm Swim	PAPP Training 4:00 - 6:00pm <i>Invitation only</i>		
Fit & Fast <i>Wenona Students Only</i>	AM		6:00 - 7:00am Swim		6:00 - 7:00am Swim		
	PM						
Fitness <i>Wenona Students Only</i>	AM		7:15 - 8:00am Swim				
	PM	4:15 - 5:00pm Swim	4:15 - 5:00pm Swim	4:15 - 5:00pm Swim			
Teen Learn To Swim <i>Wenona Students Only</i>	AM		7:00 - 7:45am Swim				

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

** External students are given first preference.

*** PAPP (Prince Alfred Park Pool) - Swimmers by coach selection