

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