

Wenona Swim Squad Timetable

effective Monday 20 April 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	6:00 - 7:45am Swim	5:45 - 7:45am Swim
	PM	3:45 - 4:20pm Gym 4:30 - 6:00pm Swim		3:45 - 4:20pm 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	6:00 - 8:00am Swim	6:00 - 8:00am Swim 8:15 - 9:15am Spin/Gym
	PM	4:30 - 5:00pm Activation 5:00 - 6:45pm Swim	4:15 - 4:45pm Activation 4:45 - 6:30pm Swim	4:30 - 5:00pm Activation 5:00 - 6:45pm Swim	PAPP Training 4:00 - 5:30pm <i>Invitation only</i>		
Senior Squad <i>Wenona Students Only</i>	AM		6:00 - 6:50am Gym 7:00 - 8:00am Swim		6:00 - 6:50am Gym 7:00 - 8:00am Swim	6:00 - 8:00am Swim	5:45 - 7:45am Swim 8:00 - 9:00am Gym
	PM			4:15 - 4:45pm Activation 4:45 - 6:45pm Swim			
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			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		7:15 - 8:00am Swim				
	PM	6:00 - 6:45pm 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