



## Squad Timetable

Thank you for enquiring about our ACU Swimming Squad Program at Blacktown Aquatic Centre. Please find below the timetable for our 3 squad levels. Please note:

- There are attendance expectations for each squad level per week, and
- you **MUST** become a member of ACU through Swim Central and provide a evidence to the club you have. See [www.blacktownswimming.com.au/join-us/](http://www.blacktownswimming.com.au/join-us/) for more information.

To find out which squad level is right for your child/children, please speak with our squad coach to organise a swim assessment. These are conducted after squad sessions.

| State Squad |                   |                   |                   |                   |                   |                   |
|-------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
|             | Monday            | Tuesday           | Wednesday         | Thursday          | Friday            | Saturday          |
| AM          | N/A               | 5:00am to 7:00am* | 5:00am to 7:00am* | N/A               | N/A               | 6:00am to 8:00am* |
| PM          | 4:00pm to 6:00pm^ | 4:00pm to 6:00pm^ | N/A               | 4:00pm to 6:00pm^ | 4:00pm to 6:00pm^ | N/A               |

Weekly minimum attendance expectation is 5 sessions.

\* 15 minutes of core & flexibility training.

^ 30 minutes of core & flexibility training.

| Development Squad |                  |                  |                  |                  |                  |                  |
|-------------------|------------------|------------------|------------------|------------------|------------------|------------------|
|                   | Monday           | Tuesday          | Wednesday        | Thursday         | Friday           | Saturday         |
| AM                | N/A              | N/A              | N/A              | N/A              | N/A              | 8:00am to 9:30am |
| PM                | 6:00pm to 7:30pm | 6:00pm to 7:30pm | 4:30pm to 6:00pm | 6:00pm to 7:30pm | 6:00pm to 7:30pm | N/A              |

Weekly minimum attendance expectation is 4 sessions.

| Transition Squad |                  |                  |                  |                  |                  |          |
|------------------|------------------|------------------|------------------|------------------|------------------|----------|
|                  | Monday           | Tuesday          | Wednesday        | Thursday         | Friday           | Saturday |
| PM               | 6:00pm to 7:00pm | 6:00pm to 7:00pm | 6:00pm to 7:00pm | 6:00pm to 7:00pm | 6:00pm to 7:00pm | N/A      |

Weekly minimum attendance expectation is 3 sessions.