

		2019 DTSC Term 2 Squad Timetable											
		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		Time	Venue/Type	Time	Venue/Type	Time	Venue/Type	Time	Venue/Type	Time	Venue/Type	Time	Venue/Type
Advancement (2 Sessions)	AM											7.00-8.00 AM	Indoor
	PM	4.15-5.15 PM	Outdoor	4.15-5.15 PM	Outdoor	4.15-5.15 PM	Outdoor	4.15 - 5.15 PM	Outdoor	4.15-5.15 PM	Outdoor		
Intermediate (2-3 Sessions)	AM												
	PM	5.15-6.15 PM	Outdoor	6.15-7.15 PM	Outdoor	6.15-7.15 PM	Outdoor	6.15-7.15 PM	Outdoor	6.15-7.15 PM	Outdoor		
Junior Squad (3 Sessions)	AM											6.00-7.00 AM	Outdoor
	PM	4.15-5.15 PM	Outdoor	5.15 - 6.15 PM	Outdoor	5.15 - 6.15 PM	Outdoor	5.15 - 6.15 PM	Outdoor	5.15 - 6.15 PM	Outdoor		
Development (4-5 Sessions)	AM	5.30 - 7.15 AM	Indoor			5.30 - 7.15 AM	Indoor					6.00-9.00 AM	Swim/Gym Outdoor
	PM			4.30 - 6.30 PM	Gym/Swim Outdoor					4.45 - 6.30 PM	Outdoor		
Youth Squad (3-5 sessions)	AM					5.30 - 7.15 AM	Indoor			5.30 - 7.30 AM	Indoor	6.00-9.00 AM	Swim/Gym Outdoor
	PM	4.30 - 7.00 PM	Gym/Swim Outdoor					4.30 - 7.00 PM	Gym/Swim Outdoor				
State Squad (5-6 Sessions)	AM			5.30 - 7.30 AM	Indoor					5.30 - 7.30 AM	Indoor	6.00-9.00 AM	Swim/Gym Outdoor
	PM	4.30 - 7.00 PM	Gym/Swim Outdoor			5.00 - 7.00 PM	Outdoor	4.30 - 7.00 PM	Gym/Swim Outdoor				
National Squad (6-7 Sessions)	AM	5.30 - 7.30 AM	Indoor	5.30 - 7.30 AM	Indoor			5.30 - 7.30 AM	Indoor	5.30 - 7.30 AM	Indoor	6.00-9.00 AM	Swim/Gym Outdoor
	PM	4.30 - 7.00 PM	Gym/Swim Outdoor			5.00 - 7.00 PM	Outdoor	4.30 - 7.00 PM	Gym/Swim Outdoor				

* Highlighted sessions will run as Dry-land and Swim Session