

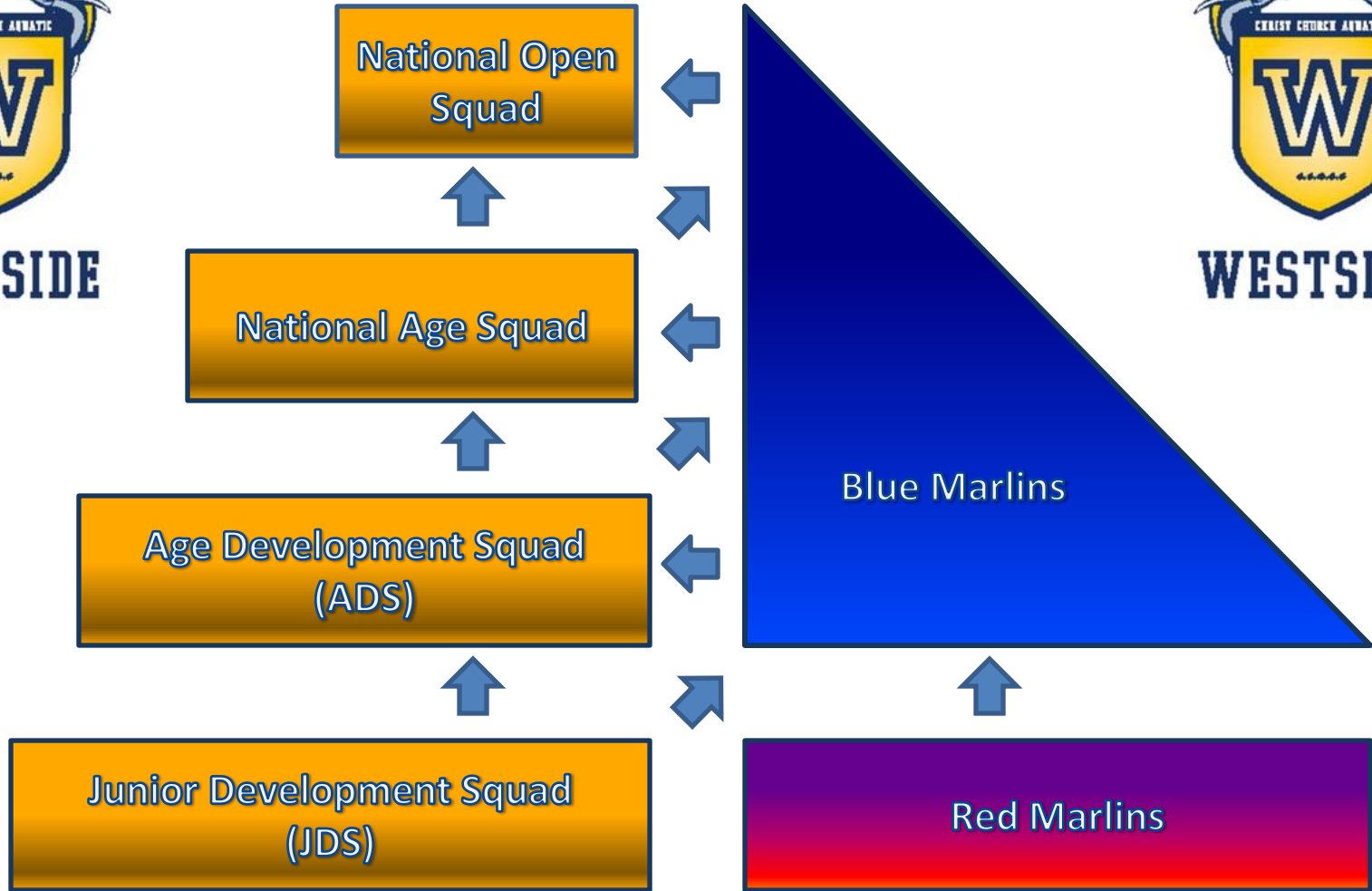
# Club Development Pathway



WESTSIDE



WESTSIDE



**kirbyswim**  
passionate about swimming

# Squad Training Schedule



**WESTSIDE**



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## National Open Squad (Individually Programmed)

Monday - 6:30-7:00am Dryland, 7:00-9:00 Swim at Christ Church Pool  
Monday - 4:30-6:30pm Swim at Claremont Pool  
Tuesday - 6:30-7:00am Dryland, 7:00-9:00 Swim at CCGS, 10:00-11:00am Gym  
Tuesday - PM WAIS Filming session at Challenge Stadium  
Wednesday - 2:00-4:00pm Swim at Challenge Stadium  
Thursday - 6:30-7:00am Dryland, 7:00-9:00 Swim at CCGS, 10:00-11:00am Gym  
Thursday - 4:30-6:30pm Swim at Claremont Pool  
Friday - 6:15-6:45am Spin Bike, 7:00-8:00am Swim at CCGS, 8:15-9:30am Yoga  
Friday - 4:30-6:30pm Swim at Claremont Pool  
Saturday - 7:00-9:00am Swim at CCGS, 9:30-10:00am Dryland

## National Age Squad (Individually Programmed)

Monday - 4:30-6:30pm Swim at Claremont Pool with Open Squad  
Tuesday - 5:30-7:30am Swim at CCGS  
Tuesday - 4:30-5:15 Gym, 5:30-7:30pm Swim at CCGS  
Wednesday - 4:30-5:15 Dryland Training, 5:30-7:30pm Swim at CCGS  
Thursday - 5:30-7:30am Swim/Gym at CCGS  
Thursday - 4:30-6:30pm Swim at Claremont Pool with Open Squad  
Friday - 4:30-6:30pm Swim at Claremont Pool with Open Squad  
Saturday - 7:00-9:00am Swim at CCGS with Open Squad, 9:30-10:00am Dryland

## Blue Marlins

8 sessions available  
recommended sessions for  
those swimming 3 or  
less times per week:

Tuesday - 5:30-7:00pm Swim at CCGS  
Thursday - 5:30-7:00pm Swim at CCGS  
Saturday - 6:00-7:30am Swim at CCGS

## Junior Development Squad

Monday - 6:15-7:30am at Claremont Pool Tuesday -  
4:30-5:30pm at CCGS  
Wednesday - 6:15-7:30am at Claremont  
Thursday - 4:30-5:30pm at CCGS  
Friday - 4:30-5:15pm Dryland Training, 5:30-  
7:00pm Swim at CCGS  
Saturday - 7:30-9:00am at CCGS

## Age Development Squad

Monday - 5:00-5:30pm Dryland Training, 5:30-  
7:30pm Swim at CCGS  
Tuesday - 6:00-7:30am Swim at CCGS  
Wednesday - 5:00-5:30pm Dryland ,  
5:30-7:30pm Swim at CCGS  
Thursday - 6:00-7:30am Swim at CCGS Friday -  
5:30-7:30pm Swim at CCGS  
Saturday - 6:00-7:30am Swim at CCGS

## Red Marlins

Weekday sessions are scheduled at both  
CCGS and Claremont Pool, please look at  
the Kirby Swim web site or all the office  
9442 1617 for details. Times vary  
between 3.30 and 5.30pm and the  
sessions are 1 hour long.