



FiT
For Life

Squad Timetable 2024

Effective from 1/4/24

| Toukley | | | | | | |
|---------------------------|----------------------------------|----------------|----------------------------------|----------------------------------|----------------|----------------|
| SQUAD LEVEL | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| Gold | AM 5:00 - 7:00 PM 5:00 - 7:00 | PM 4:00 - 5:30 | AM 5:00 - 7:00 PM 5:00 - 7:00 | AM 5:00 - 7:00 PM 4:00 - 6:00 | AM 5:00 - 7:00 | |
| Silver | AM 5:00 - 6:30 PM 5:00 - 6:30 | PM 4:00 - 5:30 | AM 5:00 - 6:30 PM 5:00 - 6:30 | AM 5:00 - 6:30 PM 4:00 - 5:30 | AM 5:00 - 6:30 | |
| Bronze | AM 6:30 - 7:30 PM 4:00 - 5:00 | PM 5:30 - 6:30 | AM 6:30 - 7:30 PM 4:00 - 5:00 | AM 6:30 - 7:30 | AM 6:30 - 7:30 | |
| Starts & Turns | | | | | PM 5:15 - 6:15 | |
| Adult Swimfit | | PM 6:30 - 7:30 | | PM 6:30 - 7:30 | | AM 8:00 - 9:00 |

Note: All squad subscriptions allow swimmers to attend sessions at Gosford Pool or Peninsula Leisure Centre

Please enquire at reception for further information

Toukley Aquatic Centre 02 4304 8060 TAC@centralcoast.nsw.gov.au

Wyong Olympic Pool 02 4304 8050 WOP@centralcoast.nsw.gov.au



centralcoast.nsw.gov.au/leisurecentres