

Gosford Olympic Pool Squad Timetable

Squad Timetable						
Squad Level	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Bronze	PM 4:00 - 5:00	AM 6:30 - 7:30 PM 4:00 - 5:00	PM 4:00 - 5:00	AM 6:30 - 7:30 PM 4:00 - 5:00	AM 6:30 - 7:30 PM 4:00 - 5:00	AM 8:00 - 9:00
Silver	PM 5:00 - 6:30	AM 5:30 - 7:00 PM 5:00 - 6:30	PM 5:00 - 6:30	AM 5:30 - 7:00 PM 5:00 - 6:30	AM 5:30 - 7:00 PM 5:00 - 6:00 <small>Starts Turns & Finishes</small>	AM 6:30 - 8:00
Gold	PM 5:00 - 7:00	AM 5:30 - 7:30 PM 4:30 - 6:30	PM 5:00 - 7:00	AM 5:30 - 7:30 PM 4:30 - 6:30	AM 5:30 - 7:30 PM 4:30 - 6:30	AM 6:30 - 8:00
Swimfit for disabilities				PM 5:15 - 6:15		

Classes do not run on public holidays and break over the Christmas period. Please see reception for dates.

This timetable and instructors are subject to change without notice. Please call Gosford Olympic Pool PH: 4304 7250 for the most up to date timetable information.