



FiT
For Life

Squad Timetable 2024

Toukley Pool Starting Week of 6 January 2025						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver	AM 5:00 – 6:30 PM 5:00 – 6:30	AM 5:00 – 6:30	AM 5:00 – 6:30 PM 5:00 – 6:30		AM 5:00 – 6:30	AM 6:30-8:00
Bronze	AM 6:30 – 7:30 PM 4:00 – 5:00	AM 6:30 – 7:30	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 Swim Fit		PM 6:30 – 7:30		PM 6:30 – 7:30		AM 8:00 – 9:00
Wyong Pool						
		Bronze PM 4-5 Silver PM 4:30-6		Bronze PM 4-5 Silver PM 4:30-6		

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



Leisure
Centres