



Squad Timetable

Toukley Pool						
Starting Week of 9 June 2025						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver	AM 5:00 – 6:30 PM 5:00 – 6:30	AM 5:00 – 6:30 PM 5:00 – 6:30	AM 5:00 – 6:30 PM 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	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	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

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