



**FiT**  
For Life

# PLC Swim Squad 2025 Timetable

| Squad Timetable                            |                                                |                                                |                                                |                                                |                       |                       |
|--------------------------------------------|------------------------------------------------|------------------------------------------------|------------------------------------------------|------------------------------------------------|-----------------------|-----------------------|
| Squad Level                                | MONDAY                                         | TUESDAY                                        | WEDNESDAY                                      | THURSDAY                                       | FRIDAY                | SATURDAY              |
| <b>Gold</b>                                | <b>AM</b> 5:00 - 7:00<br><b>PM</b> 5:00 - 7:00 | <b>AM</b> 5:00 - 7:00<br><b>PM</b> 5:00 - 7:00 | <b>AM</b> 5:00 - 7:00                          | <b>AM</b> 5:00 - 7:00<br><b>PM</b> 5:00 - 7:00 | <b>AM</b> 5:00 - 7:00 | <b>AM</b> 6:30 - 8:30 |
| <b>Silver</b>                              | <b>PM</b> 5:00 - 6:30                          | <b>AM</b> 5:30 - 7:00<br><b>PM</b> 5:00 - 6:30 | <b>AM</b> 5:30 - 7:00<br><b>PM</b> 5:00 - 6:30 | <b>AM</b> 5:30 - 7:00<br><b>PM</b> 5:00 - 6:30 |                       | <b>AM</b> 6:30 - 8:00 |
| <b>Bronze</b>                              | <b>PM</b> 4:00 - 5:00                          | <b>AM</b> 6:30 - 7:30<br><b>PM</b> 4:00 - 5:00 | <b>PM</b> 4:00 - 5:00                          | <b>AM</b> 6:30 - 7:30<br><b>PM</b> 4:00 - 5:00 |                       | <b>AM</b> 7:00 - 8:00 |
| <b>Special Olympics</b>                    | <b>PM</b> 5:45 - 6:45                          |                                                |                                                |                                                |                       |                       |
| <b>Junior Swimfit</b>                      |                                                | <b>PM</b> 4:15 - 5:00                          |                                                | <b>PM</b> 4:15 - 5:00                          |                       |                       |
| <b>Senior Swimfit</b>                      | <b>AM</b> 7:00 - 8:00<br><b>PM</b> 6:45 - 7:45 | <b>PM</b> 6:45 - 7:45                          | <b>AM</b> 7:00 - 8:00<br><b>PM</b> 6:45 - 7:45 |                                                |                       | <b>AM</b> 8:00 - 9:00 |
| <b>Starts/turns &amp; finishes session</b> |                                                |                                                |                                                |                                                | <b>PM</b> 5:15 - 6:15 |                       |

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

Timetable and instructors are subject to change without notice.  
Please call Peninsula Leisure Centre on **4325 8123** for the most up to date timetable information.



Leisure  
Centres