



Squad Timetable

Effective from 1/12/25

Toukley						
Squad Level	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Silver	AM 5:00 - 6:30 PM 5:30 - 7:00	AM 5:00 - 6:30	AM 5:00 - 6:30 PM 5:30 - 7:00		AM 5:00 - 6:30	AM 6:30 - 8:00
Bronze	AM 6:30 - 7:30 PM 4:30 - 5:30	AM 6:30 - 7:30	AM 6:30 - 7:30 PM 4:30 - 5:30		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
Wyong						
Silver		PM 4:30 - 6:00		PM 4:30 - 6:00		
Bronze		PM 4:00 - 5:00		PM 4:00 - 5:00		

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

