



# MCA SWIMMING SQUAD TRAINING SCHEDULE



## TERM 4 TRAINING SCHEDULE

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING TRAINING</b>						
MCA Pool	Years 7 - 12 (2022) 6:30 - 7:30am		Years 7 - 12 (2022) 6:30 - 7:30am		Years 7 - 12 (2022) 6:30 - 7:30am	
GYM		Years 7 - 12 (2022) 6:30 - 7:15am		Years 7 - 12 (2022) 6:30 - 7:15am		
<b>AFTERNOON TRAINING</b>						
MCA Pool	Years 5 & 6 (2022) 3:30 - 4:30pm		Years 5 & 6 (2022) 3:30 - 4:30pm			

**IMPORTANT INFORMATION:**