



RECREATIONAL SQUADS

TIMETABLE 22 July -29 September 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Development Squad	4:00pm	4:00pm	4:00pm	4:00pm 5:00pm	4:45pm	9:30am
Challenge Squad		4:00pm	4:00pm 5:00pm	4:00pm		10:30am
Swim Fit		5:00pm - 6:30pm	5:00pm - 6:30pm	5:00pm - 6:30pm		11:30am
USYD Unifit		4:30-6pm	7- 8:30am	1:30-3pm		

Session Number	1 Session	2 Sessions	3+ Sessions
Term fee (10 weeks)	\$200	\$360	\$450

PLEASE NOTE: NO TRAINING ON PUBLIC HOLIDAYS. TIMETABLES SUBJECT TO CHANGE