

# 2023/2024 TRAINING SCHEDULE

	SKILLS SQUAD		JUNIOR SQUAD		SENIOR SQUAD		PERFORMANCE SQUAD	
	B	A	B	A	B	A	B	A
LATD Pathway		<i>LTAD Swim Skills</i>	<i>LTAD Learning to Train</i>	<i>LTAD Learning to Train</i>	<i>LTAD Learning to Train</i>	<i>LTAD Training to Train</i>	<i>LTAD Training to Train</i>	<i>LTAD Training to Compete</i>
Pool Hours	<i>2 sessions @ 1.5 hours</i>	<i>2 sessions @ 3 hours</i>	<i>3 sessions @ 5 hours</i>	<i>4 sessions @ 6.5 hours</i>	<i>4 sessions @ 7 hours</i>	<i>5 sessions @ 9.5 hours</i>	<i>5 sessions @ 10.5 hours</i>	<i>5 sessions @ 10.5 hours</i>
Monday	5:30 to 6:15pm Kilcornan	5:30 to 7pm Kilcornan	5:30 to 7pm Kilcornan	5:30 to 7pm Kilcornan	6pm to 8pm Renmore	6pm to 8pm Renmore	6pm to 8pm Renmore	6pm to 8pm Renmore
Wednesday	5:45 to 6:30pm Kilcornan	5:45 to 7:15pm Kilcornan	5:45 to 7:15pm Kilcornan	5:45 to 7:15pm Kilcornan	5:45 to 7:15am Kilcornan	5:45 to 7:15am Kilcornan	5:45 to 7:15am Kilcornan	5:45 to 7:15am Kilcornan
Thursday						5:45 to 7:15am Kilcornan	5:45 to 7:15am Kilcornan	5:45 to 7:15am Kilcornan
Friday				5:45 to 7:15am Kilcornan	5:45 to 7:15am Kilcornan	5:45 to 7:15am Kilcornan	5:45 to 7:15am Kilcornan	5:45 to 7:15am Kilcornan
Sunday AM			8.30 to 10:30am Kilcornan	8.30 to 10:30am Kilcornan	8.30 to 10:30am Kilcornan		8.30 to 10:30am Kilcornan	8.30 to 10:30am Kilcornan
Sunday PM						7:00pm to 9:00pm Kilcornan	7:00pm to 9:00pm Kilcornan	7:00pm to 9:00pm Kilcornan