



# ARTEMIS AQUATICS SWIMMING CLUB

2024 TERM 2 TRAINING SCHEDULE | 15 April - 22 June 2024

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PERFORMANCE SENIOR SQUAD	MORNING	<b>Swim</b> 6:00 - 7:45am Artemis Pool	<b>Swim</b> 6:00 - 7:45am Artemis Pool	<b>Swim</b> 6:00 - 7:45am Artemis Pool		<b>Swim</b> 6:00 - 7:45am Artemis Pool	<b>Swim</b> 7:00 - 9:00am Artemis Pool
	AFTERNOON	<b>Athletic Development</b> 3:30 - 5:00pm Artemis Fitness Hub		<b>Athletic Development</b> 3:30 - 5:00pm Artemis Fitness Hub			
				<b>Swim [Tech]</b> 5:00 - 6:00pm Artemis Pool	<b>Swim</b> 5:00 - 6:30pm Artemis Pool		
PERFORMANCE JUNIOR SQUAD	MORNING	<b>Swim</b> 6:00 - 7:45am Artemis Pool	<b>Swim</b> 6:00 - 7:45am Artemis Pool	<b>Swim</b> 6:00 - 7:45am Artemis Pool		<b>Swim</b> 6:00 - 7:45am Artemis Pool	<b>Swim</b> 7:00 - 9:00am Artemis Pool
	AFTERNOON			<b>Athletic Development</b> 4:00 - 5:00pm Artemis Fitness Hub			
				<b>Swim [Tech]</b> 5:00 - 6:00pm Artemis Pool			
DEVELOPMENT SQUAD	MORNING	<b>Swim</b> 6:00 - 7:45am Artemis Pool					<b>Swim</b> 7:00 - 9:00am Artemis Pool
	AFTERNOON			<b>Athletic Development</b> 3:30 - 4:00pm Artemis Pool Deck		<b>Athletic Development</b> 3:30 - 4:00pm Artemis Pool Deck	
				<b>Swim</b> 4:00 - 5:00pm Artemis Pool		<b>Swim</b> 4:00 - 5:00pm Artemis Pool	
SWIMFIT	MORNING		<b>Swim</b> 6:45 - 7:45am Artemis Pool	<b>Swim</b> 6:45 - 7:45am Artemis Pool			
	AFTERNOON				<b>Swim</b> 5:30 - 6:30pm Artemis Pool	<b>Swim</b> 5:30 - 6:30pm Artemis Pool	