



ARTEMIS AQUATICS SWIMMING CLUB

2024 TERM 3 TRAINING SCHEDULE | 16 July - 21 September 2024

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