



ARTEMIS
AQUATICS

ARTEMIS AQUATICS SWIMMING CLUB

2025 TRAINING SCHEDULE | Please refer to Team App for Term updates

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PERFORMANCE AGE	MORNING	Swim 6:00 - 7:45am Brad H	Swim 6:00 - 7:45am Brad H	Swim 6:00 - 7:45am Brad H		Swim 6:00 - 7:45am Brad H	Swim 7:00 - 9:00am Brad H
	AFTERNOON	Gym 4:00 - 5:00pm Sally B		Gym 4:00 - 5:00pm Sally B			
				Swim 5:00 - 6:00pm Brad H	Swim 5:00 - 6:30pm Brad H		
STATE AGE SQUAD	MORNING	Swim 6:00 - 7:45am Assistant Coach	Swim 6:00 - 7:45am Assistant Coach	Swim 6:00 - 7:45am Assistant Coach		Swim 6:00 - 7:45am Assistant Coach	Swim 7:00 - 9:00am Assistant Coach
	AFTERNOON	Gym 4:00 - 5:00pm Sally B		Gym 4:00 - 5:00pm Sally B			
				Swim 5:00 - 6:00pm Brad H	Swim 5:00 - 6:30pm Brad H		
STATE DEVELOPMENT SQUAD	MORNING	Swim 6:00 - 7:45am Andrea G					Swim 7:00 - 9:00am Andrea G
	AFTERNOON		Athletic Development 3:30 - 4:00pm Tim C		Athletic Development 3:30 - 4:00pm Tim C		
			Swim 4:00 - 5:30pm Andrea G		Swim 4:00 - 5:00pm Brad H	Swim 4:00 - 5:30pm Andrea G	
DEVELOPMENT SQUAD	MORNING						Swim 9:00 - 10:00am Andrea G
	AFTERNOON			Athletic Development 3:30 - 4:00pm Tim C	Athletic Development 3:30 - 4:00pm Tim C		
		Swim 4:00 - 5:00pm Andrea G		Swim 4:00 - 5:00pm Brad H	Swim 4:00 - 5:00pm Brad H		