



ARTEMIS
AQUATICS
MELBOURNE

ARTEMIS AQUATICS SWIMMING CLUB

2026 TRAINING SCHEDULE | Please refer to Team App for Term updates

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLUB TRAINING	PERFORMANCE AGE	MORNING	Swim 6:00am - 7:45am		Swim 6:00am - 7:45am	Swim 6:00am - 7:45am	Swim 6:00am - 7:45am	Swim 7:00am - 9:00am
		AFTERNOON	Gym 4:00pm - 5:00pm	Gym 4:00pm - 5:00pm	Gym 4:00pm - 5:00pm			
				Swim 5:00pm - 6:30pm	Swim 5:00pm - 6:00pm			
	STATE AGE SQUAD	MORNING	Swim 6:00am - 7:45am		Swim 6:00am - 7:45am	Swim 6:00am - 7:45am	Swim 6:00am - 7:45am	Swim 7:00am - 9:00am
		AFTERNOON	Gym 4:00pm - 5:00pm	Gym 4:00pm - 5:00pm	Gym 4:00pm - 5:00pm			
				Swim 5:00pm - 6:30pm	Swim 5:00pm - 6:00pm			
	STATE DEVELOPMENT SQUAD	MORNING	Swim 6:00am - 7:45am		Swim 6:00am - 7:45am	Swim 6:00am - 7:45am	Swim 6:00am - 7:45am	Swim 7:00am - 9:00am
		AFTERNOON		Gym 4:00pm - 5:00pm	Gym 4:00pm - 5:00pm			
				Swim 5:00pm - 6:30pm				
	DEVELOPMENT SQUAD	MORNING	Swim 6:00am - 7:45am					
		AFTERNOON		Athletic Development 3:30pm - 4:00pm	Athletic Development 3:30pm - 4:00pm			
				Swim 4:00pm - 5:00pm	Swim 4:00pm - 5:00pm			



MELBOURNE
GIRLS GRAMMAR
AN ANGLICAN SCHOOL

MGGS SWIMMING

2026 TRAINING SCHEDULE

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SCHOOL SWIMMING	GSV SQUAD	MORNING	Swim 6:00am-7:45am		Swim 6:00am-7:45am			
		AFTERNOON						
	SSV SQUAD	MORNING						
		AFTERNOON		Athletic Development 3:30pm - 4:00pm				
				Swim 5:00pm - 5:00pm				

