

Total Aquatic Solutions - Session Schedule - Term 1 2010

	National Squad	State Squad		State Prep Squad		Junior State Squad	Fitness Squad	Junior Squad	Development Squad	Mini-Squads	LTS
Coach	Carl Wilson	Margie Moore		Mark Cooper		Amberley Whitehorn	Matt Lara	Mark Cooper	Mark Cooper	Staff	Staff
		Girls	Boys	Girls	Boys						
Monday AM	5.00-7.00 @CSC Dryland & Swim	5.00-7.00 @CSC Dryland & Swim		Off	Off	Off	Off	Off	Off		
Monday PM	4.30-6.00 @CSC Gym Circuit	4.30-6.00 @CSC Gym - Circuit		7.00-8.30 @CSC Swim		5.00-6.30 @Aqua Swim	Off	6.00-7.00 @CSC Swim	5.00-6.00 @CSC Swim		5.00-7.00
Tuesday AM	5.00-7.00 @CSC Dryland & Swim	5.00-7.00 @CSC Swim & Dryland		Off	Off	Off	Off	Off	Off		
Tuesday PM	4.30-6.30 @Aqua Dryland & Swim	4.30-6.30 @Aqua Dryland & Swim	5.30-7.30 @CSC Dryland & Swim	4.30-6.30 @Aqua Dryland & Swim	5.30-7.30 @CSC Dryland & Swim	5.30-7.30 @CSC Dryland-Swim	6.00-7.30 @CSC Swim	Off	Off	4.00-6.00	4.00-6.00
Wednesday AM	Off	5.30-7.00 @CSC		5.30-7.00 @CSC		5.30-7.00 @CSC Dryland-Swim	Off	Off	Off		
Wednesday PM	Boxing @CSC 4.15-5.00 Spinning @Focus 5.15-6.00 Boxing Only - Club Nights	Off Except CA Triton Club Nights		Off Except CA Triton Club Nights		Off Except CA Triton Club Nights	Off	5.00-6.00 @CSC Swim	5.00-6.00 @CSC Swim	5.00-6.00	5.00-7.00
Thursday AM	5.00-7.00 @CSC Dryland & Swim	5.00-7.00 @CSC Dryland & Swim	Off	5.00-7.00 @CSC Dryland & Swim		5.30-7.30 @CSC Dryland-Swim	Off	Off	Off		
Thursday PM	4.30-6.30 @Aqua Dryland & Swim	Off	4.30-6.30 @Aqua Dryland & Swim	6.30-8.30 @CSC Dryland & Swim		Off	7.00-8.30 @CSC Swim	Off	Off	5.00-7.00	5.00-7.00
Friday AM	5.00-7.00 @CSC Dryland & Swim	5.00-7.00 @CSC		Off		Off	Off	Off	Off		
Friday PM	4.30-6.00 @CSC Gym Circuit	4.30-6.00 @CSC Gym - Circuit		5.30-7.00 @CSC Dryland & Swim		5.00-6.30 @Aqua Swim	Off	4.30-5.30 @CSC Swim	4.30-5.30 @CSC Swim		4.00-6.00
Saturday AM	6.00-8.00 @CSC Dryland-Swim	5.00-6.30 @CSC Swim		Off		6.00-8.00 @CSC Dryland & Swim	Off	Off	Off		