

<b>Day</b>	<b>Times</b>	<b>Age Groups</b>	<b>Focus</b>	<b>Other Details</b>
Tuesday	6.30 am -7.45 am	10, 11, 12 Years	<ul style="list-style-type: none"> <li>• Time Trials</li> <li>• Relays</li> <li>• Starts</li> <li>• Turns</li> <li>• Finishes</li> </ul>	<ul style="list-style-type: none"> <li>• Water Bottles</li> <li>• Swimming Cap</li> <li>• Goggles</li> <li>• Towel</li> <li>• Own Flippers if welcomed</li> </ul>
Tuesday	7.00 am -7.45 am	7, 8, 9 Years		
Tuesday	3.30 pm – 4.30 pm	7, 8, 9 Years		
Tuesday	3.30 pm – 5.00 pm	10, 11, 12 Years		
Wednesday	3.30 pm – 4.30 pm	7, 8, 9 Years	<ul style="list-style-type: none"> <li>• Stroke Correction</li> <li>• Turns</li> <li>• Speed Work</li> </ul>	
Wednesday	3.30 pm – 5.00 pm	10, 11, 12 Years		
Thursday	6.30 am -7.45am	10, 11, 12 Years	<ul style="list-style-type: none"> <li>• Stroke Correction</li> <li>• Turns</li> <li>• Speed Work</li> </ul>	
Thursday	7.00 am -7.45am	7, 8, 9 Years		
Thursday	3.30 pm – 4.30 pm	7, 8, 9 Years		
Thursday	3.30 pm – 5.00 pm	10, 11, 12 Years		

- Note: Tuesday is a compulsory day for all girls wishing to make the Andrews Cup Swimming Squad
- Sessions are available to girls in Years 1 – 6.
- Sessions are designed to prepare girls for the competitive swimming in 2020 (Andrews Cup, Districts and Interschool) and a certain level of swimming ability is a prerequisite for involvement. Girls intending to participate must be competent in swimming 25 – 50m in freestyle, backstroke and breaststroke and they must also be able to perform a dolphin kick.
- Girls must sign-in the St Aidan’s swimming attendance book at the pool for every session that they attend.