

Day	Times	Age Groups	Focus	Other Details
Tuesday	6.30 am -7.45 am	10, 11, 12 Years	<ul style="list-style-type: none"> • Time Trials • Relays • Starts • Turns • Finishes 	<ul style="list-style-type: none"> • Water Bottles • Swimming Cap • Goggles • Towel • Own Flippers if welcomed
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"> • Stroke Correction • Turns • Speed Work 	
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"> • Stroke Correction • Turns • Speed Work 	
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.