

## AKAC Squad Timetable

SQUAD		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Bronze</b> (Promotion from Sharks and/or Advanced LTS Squads)	AM	7.00 – 8.00am (50m Lane)		7.00 – 8.00am (50m Lane)		7.00 – 8.00am (50m Lane)	7.30 – 8.30am (50m Lane)
	PM	4.00-5.15pm	4.00-5.15pm	4.00-5.15pm	4.00-5.15pm		
<b>Silver</b> (Invitation only)	AM	6.00am-7.30am		6.00am-7.30am		6.00am-7.30am	6.00am-7.30am
	PM	Activation 4.45-5.00pm 5.15-6.45pm	Activation 4.45-5.00pm 5.15-6.45pm	Activation 4.45-5.00pm 5.15-6.45pm	Activation 4.45-5.00pm 5.15-6.45pm		
<b>Gold</b> (Invitation only)	AM	6.00am-7.30am		6.00am-7.30am		6.00am-7.30am	6.00am-7.30am
	PM	Activation 4.45-5.00pm 5.15-6.45pm	Activation 4.45-5.00pm 5.15-6.45pm	Activation 4.45-5.00pm 5.15-6.45pm	Activation 4.45-5.00pm 5.15-6.45pm		
<b>Advanced Learn to Swim Squads</b> (Promotion from Sharks)		4.00-5.00pm 5.00-6.00pm	4.00-5.00pm 5.00-6.00pm	4.00-5.00pm 5.00-6.00pm	4.00-5.00pm 5.00-6.00pm	4.00-5.00pm 5.00-6.00pm	<b>Sat:</b> 8.00-9.00am <b>Sun:</b> 8.00-9.00am & 9.00-10.00am
<b>Teen Swim (13-15 years) &amp; Teen Fit (15-18 years)</b>		6.00-7.00pm	6.00-7.00pm	6.00-7.00pm	6.00-7.00pm	6.00-7.00pm	7.00-8.00am

NB: Dryland activation is optional but recommended.