



PARNELL

S W I M C L U B

TERM 2 2024

CUBS SQUAD (Tam)

2 sessions per week

Basic Stroke Development

	AM time	AM venue	PM time	PM venue
Wednesday			16:45 to 17:15	Sacred Heart
Sunday			17:30 to 18:00	Swimtastic

CUB DEVELOPMENT SQUAD (Tam)

2 sessions per week

Basic Stroke Development & Introduction to Racing

	AM time	AM venue	PM time	PM venue
Wednesday			17:15 to 18:00	Sacred Heart
Sunday			18:00 to 18:45	Swimtastic

NIPPER SQUAD (Sam)

2-3 sessions per week

(Junior Level 3)

	AM time	AM venue	PM time	PM venue
Monday				
Tuesday			16:45 to 18:00	Sacred Heart
Wednesday			16:45 to 18:00	Sacred Heart
Thursday				
Friday				
Saturday				
Sunday			17:30 to 18:45	Swimtastic

NIPPER DEVELOPMENT SQUAD (Sam & Angus)

4 sessions per week | 1x dry-land offered

(Nipper Development - invitation only)

	AM time	AM venue	PM time	PM venue
Monday				
Tuesday			16:45 to 18:00	Sacred Heart
Wednesday			16:45 to 18:00	Sacred Heart
Thursday			16:45 to 18:00 18:10 to 18:45 Dryland	Sacred Heart
Friday				
Saturday				
Sunday			17:30 to 18:45	Swimtastic

JUNIOR SQUAD (Sam & Angus)

5 sessions per week | 2x dry-land offered

(L3 & L2)

	AM time	AM venue	PM time	PM venue
Monday				
Tuesday			16:45 to 18:00	Sacred Heart
Wednesday			16:45 to 18:00	Sacred Heart
Thursday			16:45 to 18:00 18:15 to 18:45 Dryland	Sacred Heart
Friday				
Saturday	06:30 to 08:00 08:15 to 08:45 Dryland	Sacred Heart		
Sunday			17:30 to 18:45	Swimtastic

JUNIOR DEVELOPMENT SQUAD (Max, Jennifer, & Angus)

7 sessions offered - 5x expected | 1x dry-land offered

(L2 & L1)

	AM time	AM venue	PM time	PM venue
Monday	05:15 to 06:45	St Cuths		
Tuesday			16:30 to 18:00	Sacred Heart
Wednesday	05:15 to 06:45	St Cuths		
Thursday			16:30 to 18:00 18:15 to 18:45 Dryland	Sacred Heart
Friday	05:15 to 06:45	St Cuths		
Saturday	06:30 to 08:00 08:15 to 09:00 Dryland	Sacred Heart		
Sunday			17:30 to 18:45	Swimtastic

SENIOR SQUAD (Max)

7 sessions offered - 7x expected | 3x gym offered | (O) = Outdoor

(L1, NAGS, Opens, Div 2)

	AM time	AM venue	PM time	PM venue
Monday	05:00 to 06:45	St Cuths		
Tuesday			16:30 to 18:00	Sacred Heart
Wednesday	05:00 to 06:45	St Cuths	16:30 to 18:00 18:15 to 19:15 Gym	Sacred Heart
Thursday			16:30 to 18:00 18:15 to 19:15 Gym	Sacred Heart
Friday	05:00 to 06:45	St Cuths		
Saturday	06:00 to 08:00 08:15 to 09:15 Gym	Sacred Heart		
Sunday				

FITNESS SQUAD (Max & Jennifer)

3 sessions offered

(Advanced swimming development for leisure/other sports)

	AM time	AM venue	PM time	PM venue
Monday	05:15 to 06:45	St Cuths		
Tuesday				
Wednesday	05:15 to 06:45	St Cuths		
Thursday				
Friday	05:15 to 06:45	St Cuths		
Saturday				
Sunday				