

# Swimming Timetable Goodna Aquatics Centre

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5.00am to 7.00am	Silver Squad 5.00am to 7.00am	Silver Squad 5.00am to 7.00am	Silver Squad 5.00am to 7.00am	Gym 5.45am to 7.00am	Silver Squad 5.00am to 7.00am	At Stephen's Request
	5.30am to 7.00am	Bronze Squad	Bronze Squad	Bronze Squad	Rest	Bronze Squad	
PM	3.30 to 4.30	Bronze Squad	Bronze Squad	Bronze Squad	Bronze Squad	Bronze Squad	
		Silver Squad 4.30pm to 6.30pm	Silver Squad 4.30pm to 6.00pm	Silver Squad 4.30pm to 5.30pm	Silver Squad 4.30pm to 6.00pm	Rest	

Gym is invite only Please see Stephen

Bronze on Saturday 9.00am to 10.30am