

# DONCASTER TEMPLESTOWE SWIMMING CLUB

# TRAINING SCHEDULE 2026

## Academy Silver

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-6.30am		5:30am-6.30am		5:30am-6.30am	5:30am-7:00am	
			6:30am-7.30am		7:15am-8:00am	
						4:00pm-4:45pm
						5:00pm-6:00pm
		6:00pm-6:40pm				
7:00pm-8:00pm		7:00pm-8:00pm	7:00pm-8:00pm	7:30pm-8:30pm		
	8:00pm-9:00pm					

## Academy Gold


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			5:30am-6.30am	5:30am-6.30am	5:30am-7:00am	
6:30am-7.30am		6:30am-7.30am			7:15am-8:00am	
						3:00pm-3:45pm
						4:00pm-5:00pm
		6:00pm-6:40pm				
	7:00pm-8:00pm	7:00pm-8:00pm		7:30pm-8:30pm		
8:00pm-9:00pm			8:00pm-9:00pm			


## Competition


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-6.00am	5:30am-6.00am	5:30am-6.00am	5:30am-6.00am	5:40am-6:10am	5:30am-7:00am	
6:00am-7.30am	6:00am-7:30am	6:00am-7.30am	6:00am-7.30am	6:15am-7.30am	7:15am-8:00am	
4:00pm-5:30pm		4:00pm-6:00pm				
	6:00pm-6:30pm			6:00pm-7:30pm		
	7:00pm-8:30pm		7:00pm-8:30pm			

## State Development & State

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-6.00am	5:30am-6.00am	5:30am-6.00am	5:30am-6.00am	5:40am-6:10am	5:30am-7:00am	
6:00am-7.30am	6:00am-7:30am	6:00am-7.30am	6:30am-7.30am	6:15am-7.30am	7:15am-8:00am	
4:00pm-5:30pm		4:00pm-6:00pm				
	6:00pm-6:30pm					
	7:00pm-8:30pm		7:00pm-8:30pm	6:00pm-7:30pm		

 25m Pool Session (Aquarena)

 Dry Session - Studio 2 (Aquarena)

 Gym Session (Aquarena)

 Eltham Leisure Centre 25m Pool Session

### Required minimum sessions per week:

Academy Silver: 3

Academy Gold: 3

Competition: 4

State Development & State: 5



Scan QR Code to book a session