



Marlins Squad Timetable

Commencing 5 March 2025

All swim sessions begin with a 15 minute dryland warmup commencing at the listed time.

	Monday	Tuesday	Wednesday	Thursday	Friday
Junior Bronze	6:00 - 7.30pm			6:00– 7.30pm	
Bronze	7:00 – 8:30pm	6:00 – 7:30pm		7:00 – 8:30pm	6:00 – 7:30pm
Silver am		5.45am – 7:30am		5.45 – 7.30am	
Silver pm		6:00 – 7:45pm	6:00 – 7:45pm	6:00 – 7:45pm	6:00 – 7:45pm
Silver dryland				Dryland 5 - 6pm	
Gold am		5.45am – 7:30am		5.45 – 7:30am	
Gold pm	6:00 – 8:15pm	6:00 – 8:15pm	6:00 – 8:15pm	Dryland 5 - 6pm	6:00 – 8:15pm
Masters			6.45 – 8.30pm		