



South Lake Dolphins Swimming Club

SQUAD TRAINING TIMETABLE

Starting:
Mo 30 June 2025

	Swim Times	NEW: Gym Times	Squad	Pool	Coach
Monday					
AM	05:15 - 07:00		GOLD	25m Outdoor (Deep end)	Stefano
PM	16:00 - 17:00		MINNOWS	25m Outdoor (Shallow end)	Stefano
PM		NEW 17:30 - 18:30	GOLD	Fitness Hacks*	Emanuele
PM	16:00 - 17:15		MARLINS	25m Outdoor (Deep end)	Emanuele
PM	16:45 - 19:00		SILVER	25m Outdoor (Shallow end)	Stefano
PM	17:15 - 19:00		BRONZE	25m Outdoor (Deep)	Jordan
Tuesday					
AM	05:15 - 07:00		GOLD	50m Outside	Stefano
AM	05:15 - 07:00		SILVER	50m Outside	Emanuele
AM	05:15 - 07:00		YOUTH	25m Indoor	Amber
PM	16:00 - 17:00		MINNOWS	25m Outdoor (Shallow end)	Amber
PM	16:00 - 17:15		MARLINS	25m Outdoor (Deep end)	Emanuele
PM	16:45 - 19:00		GOLD	25m Outdoor (Shallow end)	Stefano
PM	17:15 - 19:00		BRONZE	25m Outdoor (Deep end)	Emanuele
PM	19:00-20:00		YOUTH	25m Indoor (from 22nd July 25)	Emanuele
Wednesday					
AM	05:15 - 07:00		BRONZE	25m Indoor	Emanuele
PM	16:00 - 17:00		MINNOWS	25m Outdoor (Shallow end)	Stefano
PM	16:00 - 17:15		MARLINS	25m Outdoor (Deep end)	Emanuele
PM	16:45 - 19:00		SILVER	25m Outdoor (Shallow end)	Stefano /Emanuele
PM	17:00 - 19:00		GOLD	25m Outdoor (Deep end)	Stefano
Thursday					
AM	05:15 - 07:00		SILVER	25m Indoor	Stefano
AM	05:15 - 07:00		YOUTH	50m Outdoor	Amber
PM		NEW 17:30 - 18:30	SILVER	Fitness Hacks*	Emanuele
PM	16:00 - 17:00		MINNOWS	25m Outdoor (Shallow end)	Amber
PM	16:00 - 17:15		MARLINS	25m Outdoor (Deep end)	Emanuele
PM	16:45 - 19:00		GOLD	25m Outdoor (Shallow end)	Stefano
PM	17:15 - 19:00		BRONZE	25m Outdoor (Deep end)	Jordan
PM	19:00 - 20:00		YOUTH	50m Outdoor	Amber
Friday					
AM	05:15 - 07:00		GOLD	25m Indoor	Stefano
AM	05:15 - 07:00		BRONZE	25m Outdoor (Deep end)	Emanuele
PM	15:45 - 18:00		GOLD	25m Outdoor (Shallow end)	Stefano
PM	15:45 - 18:00		SILVER	25m Outdoor (Deep end)	Emanuele
PM	18:00 - 19:00		MINNOWS/MARLINS	25m Indoor Skills Training	Stefano/Emanuele
Saturday					
	07:00 - 09:00		GOLD	50m Outdoor	Stefano
AM		NEW 9:30 - 10:30	GOLD	Fitness Hacks*	Emanuele
AM	08:30 - 11:00		SILVER	50m Outdoor	Stefano/Emanuele

*Fitness Hacks Address: U4/1 Blackly Row, Cockburn Central WA 6164

www.southlakedolphins.com.au