Doncaster Templestowe Swim Club

Academy Gold

Weekly minimum

3 sessions per week

Training timetable

Monday

MORNING

Swim
6:30am – 7:30am
Aquarena

AFTERNOON

Swim
8:00pm – 9:00pm
Aquarena

Tuesday

AFTERNOON

Swim
7:00pm – 8:00pm
Aquarena

Wednesday

MORNING

Swim
6:30am – 7:30am
Aquarena

AFTERNOON

Dryland
6:00pm – 6:45pm
Aquarena

Swim
7:00pm – 8:00pm
Aquarena

Thursday

MORNING

Swim
6:30am – 7:30am
Aquarena

AFTERNOON

Swim
8:00pm – 9:00pm
Aquarena

Friday

MORNING

Swim
6:30am – 7:30am
Aquarena

AFTERNOON

Swim
7:30pm – 8:30pm
Eltham

Saturday

MORNING

Swim
5:30am – 7:00am
Aquarena

Gym
7:15am – 8:00am
Aquarena

Sunday

AFTERNOON

Dryland
3:00pm – 3:45pm
Aquarena

Swim
4:00pm – 5:00pm
Aquarena

Follow coach updates and Team App for any timetable changes.

https://dtsc.org.au