

## YASC Squad Training Times 2022/2023

Squad Level	Squad Group	Monday PM	Tuesday AM	Tuesday PM	Wednesday AM	Thursday AM	Thursday PM	Friday AM
Mini Squads	Tadpoles	Rest day for all squad levels		3.30-4.10pm			3.30-4.10pm	6.30-7.30am
	Goldfish			3.30-4.10pm			3.30-4.10pm	6.30-7.30am
	Sharks			3.30-4.10pm			3.30-4.10pm	6.30-7.30am
Junior Squads	Green		6.00-7.00am	3.30-4.10pm	6.00-7.00am	6.00-7.00am	3.30-4.10pm	6.30-7.30am
	Bronze		6.00-7.00am	4.10-5.00pm	6.00-7.00am	6.00-7.00am	4.10-5.00pm	6.30-7.30am
Senior Squads	Silver		6.00-7.30am	4.10-5.45pm	6.00-7.30am	6.00-7.30am	4.10-5.45pm	6.30-7.30am
	Gold		6.00-7.30am	4.10-5.45pm	6.00-7.30am	6.00-7.30am	4.10-5.45pm	6.30-7.30am
	Masters		6.00-7.30am	4.10-5.45pm	6.00-7.30am	6.00-7.30am	4.10-5.45pm	6.30-7.30am

Friday morning sprint training sessions are open to all YASC squad members and will begin on 2<sup>nd</sup> December 2022.