

SQUAD TIMETABLE 2023

HIGH PERFORMANCE	Mon	Tues	Wed	Thurs	Fri	Sat	Dry land (Please bring appropriate shoes, shorts & T-shirt)
am	6.00-8.00	6.00-8.00 Gym	6:00-8:00	6.00-8.00 Gym	6.00-8.00	6.00-8.00 Gym	20 min prior
pm	3.00-5.00	3.00-5.00		3.00-5.00			
NATIONAL	Mon	Tues	Wed	Thurs	Fri	Sat	
am	5.30-7.30	5.30-6.30 Gym		5.30-6.30 Gym	5.30-7.30	6.00-8.00 Dryland	20 min prior
pm	4.45-6.45	4.45-6.45	4.00-6.00	4.45-6.45		8.00-9.00	
STATE	Mon	Tues	Wed	Thurs	Fri	Sat	
am		5.30-7.30	5.30-6.30 Gym		5.30-6.30 Gym	6.00-8.00 Dryland	20 min prior
pm	4.45-6.45	4.45-6.45	6.30-7.30	4.45-6.45	4.00-6.00	8.00-9.00	
JUNIOR COMPETITION	Mon	Tues	Wed	Thurs	Fri	Sat	
am	6.30-8.00	6.30-8.00	6.30-8.00	6.30-8.00	6.30-8.00	8.00-9.30	15 min prior
pm	3.30-5.00	3.30-5.00	3.30-5.00		3.30-5.00		
JUNIOR DEVELOPMENT	Mon	Tues	Wed	Thurs	Fri	Sat	
am		6.30-7.45	6.30-7.45	6.30-7.45		8.00-9.15	
pm	3.30-4.45	3.30-4.45	3.30-4.45	3.30-4.45	3.30-4.45		
SENIOR SQUAD	Mon	Tues	Wed	Thurs	Fri	Sat	
am			6.30-7.45	6.30-7.45		8.00-9.15	
pm	5.00-6.15	5.00-6.15	5.00-6.15	5.00-6.15	5.00-6.15		
SURF	Mon	Tues	Wed	Thurs	Fri	Sat	
am		5.30-7.30	5.30-7.45			6.00-8.00	
pm	5.00-6.15	5.00-6.15	5.00-6.15	5.00-6.15	5.30-6.30	4.00-6.00	

SQUAD TIMETABLE 2023

ADULT SQUAD

ADULT SQUAD	Mon	Tues	Wed	Thurs	Fri	Sat
am	8.45-10.00		8.45-10.00		8.45-10.00	

PRICES

High Performance Squad

Monthly Community - \$182

Month St Andrews - \$163

Competition Squad

Monthly Community - \$144

Monthly St Andrews - \$130

National Squad

Monthly Community - \$170

Monthly St Andrews - \$153

Senior Squad

Monthly/10 Pass Community - \$138

Monthly/10 Pass St Andrews - \$125

State/Surf Squad

Monthly Community - \$160

Monthly St Andrews - \$144

Junior Development

Monthly Community - \$128

Monthly St Andrews - \$115

ADULT SQUAD PRICES

10 Pass Standard - \$124

20 Pass Standard - \$239

10 Pass Concession - \$117

20 Pass Concession - \$228