

DASC TRAINING PROGRAMME - 25 JUL - 2 SEPT 2022

DAY	TIME	VENUE	SQUAD
Mon AM	6.30-7.30am	DC	Top
Mon PM	6.30-7.30pm	LF	A1 & A2 combined
Tue AM	6.30-7.30am	DC	Top / A1 & A2 combined
Tue PM	5.00-6.00pm	DC	B1 / B2
	6.00-7.00pm	DC	A2 / A3
	7.00-9.00pm	DC	Top / A1
Wed PM	7.30-8.30pm	DC	National Swimmers Only
Thu AM	6.30-7.30pm	DC	Top / A1
Thu PM	5.30-6.30pm	LF	Junior Dev
Fri AM	6.30-7.30am	DC	Top / A1 & A2 & A3 combined
Sun AM	8.00-9.00am	DC	Top
Sun PM	4.00-5.30pm	DC	B1 / B2 / A2
	5.30-7.00pm	DC	A3 / A1 / Top