

Perth Stingrays Aquatic Club

2025-2026 Training Schedule

Annual Swimming Programs

September 15, 2025 – June 20, 2026

Break Weeks: December 22 - 28, 2025 + March 14 - 22, 2026

Group (hours/week)		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Copper (3)	AM						8:00 - 9:00
	PM		4:00 - 5:00		4:00 - 5:00		
Bronze (4)	AM						8:00 - 9:00
	PM		4:00 - 5:45		4:00 - 5:15		
Silver (7.5)	AM						7:30 - 9:00
	PM	4:00 - 6:00		4:00 - 6:00	4:00 - 6:00		
	Dryland	5:30 - 6:00			4:00 - 4:45		
Gold (10.25)	AM		5:45 - 7:15		5:45 - 7:15		6:00 - 8:00
	PM	3:30 - 6:00				3:30 - 6:15	
	Dryland	3:30 - 4:15				3:30 - 4:15	
Platinum (11.75)	AM		5:45 - 7:15		5:45 - 7:15		6:00 - 8:00
	PM	3:30 - 6:00	3:30 - 5:00			3:30 - 6:15	
	Dryland	3:30 - 4:15	3:30 - 5:00 (Oakfield)			3:30 - 4:15	
Diamond (13.75)	AM		5:45 - 7:15		5:45 - 7:15		6:00 - 8:00
	PM	3:30 - 6:00	3:30 - 5:00	4:00 - 6:00		3:30 - 6:15	
	Dryland	3:30 - 4:15	3:30 - 5:00 (Oakfield)			3:30 - 4:15	

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Intro to Stingrays Programs

Session	Session Dates	Try Outs
Fall	September 29 - December 6, 2025	September 23rd & 25th (Drop-in: 5:15 - 6:00 PM)
Winter	January 5 - March 14, 2026	December 16th & 18th (Drop-in: 5:15 - 6:00 PM)
Spring	April 13 - June 20, 2026	April 7th & 9th (Drop-in: 5:15 - 6:00 PM)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Intro to Stingrays (1.5)	AM						
	PM		5:15 - 6:00		5:15 - 6:00		