

2023 -2024 SMS Summer Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gold 1 min 6/wk	5:00-7:00am (LP) 7:30-9:00pm (LP)	5:00-7:00am (LP) 4:00-6:00pm (GB)	7:00-9:00pm (CB) 5:20-6:15pm (TR)	5:00-7:00am (LP) 7:00-9:00pm (CB)	3:30-5:00pm (LP)	8:45-9:45am (TR) 10:00-12:00pm (LP)	
Gold 2 min 5/wk	7:30-9:00pm (LP)	5:00-7:00am (LP) 4:00-6:00pm (GB)	7:00-9:00pm (CB) 5:20-6:15pm (TR)	5:00-7:00am (LP) 7:00-9:00pm (CB)	3:30-5:00pm (LP)	8:45-9:45am (TR) 10:00-12:00pm (LP)	
Silver 1 min 4/wk	3:45-5:15pm (LP)	6:00-7:00am (LP) 4:00-6:00pm (GB)	3:45-5:15pm (LP) 5:20-6:15pm (TR)	6:00-7:00am (LP)	3:30-5:00pm (LP)	8:45-9:45am (TR) 12:00-1:30pm (LP)	8:30-9:45am (LP)
Silver 2 min 3/wk	3:45-5:15pm (LP)	4:00-6:00pm (GB)	3:45-5:15pm (LP) 5:20-6:15pm (TR)		3:30-5:00pm (LP)	8:45-9:45am (TR) 12:00-1:30pm (LP)	8:30-9:45am (LP)
Bronze 1 min 2/wk	4:30-6:00pm (GB)	4:45-5:45pm (LP)	5:20-6:15pm (TR)	4:45-5:45pm (LP)	3:00-4:00pm (LP)	8:45-9:45am (TR) 12:00-1:30pm (LP) or 1:30-2:30pm (LP)	8:30-9:45am (LP)
Bronze 2 min 2/wk	4:30-6:00pm (GB)	3:45-4:45pm (LP)	5:20-6:15pm (TR)	3:45-4:45pm (LP)	3:00-4:00pm (LP)	8:45-9:45am (TR) 1:30-2:30pm (LP)	8:30-9:45am (LP)
Bronze 3 min 2/wk	3:00-3:45pm (LP) or 4:30-6:00pm (GB)	3:00-3:45pm (LP)	3:00-3:45pm (LP) 5:20-6:15pm (TR)		3:00-4:00pm (LP)	8:45-9:45am (TR) 1:30-2:30pm (LP)	8:30-9:45am (LP)
Development	4:30-6:00pm (GB)	6:00-7:00am (LP)	5:20-6:15pm (TR)	6:00-7:00am (LP)		8:45-9:45am (TR) 12:00-1:30pm (LP)	

LP = Lions Pool
 GB = Gov's Beach includes circuits
 TR = Track Area
 CB = Camana Bay Pool