

2023 -2024 SMS Training Schedule

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

LP = Lions Pool

GB = Gov's Beach
includes circuits

TR = Track Area

CB =
Camana Bay Pool

CH = Clifton Hunter