



Ashfield Aquatic Centre  
 Cnr Elizabeth St and Frederick St  
 Ashfield 2131  
 Phone 9799 7077

# ABC Swimming Ashfield Timetable

## Learn To Swim

- Lesson run for 30mins
- You choose the time that best suits you
- You can start at any time

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Babies</b>	9am to 12pm	9am to 12pm	9am to 12pm	9am to 12pm	9am to 12pm	8am to 12noon
<b>Preschool Mornings</b>	9am to 12pm	9am to 12pm	9am to 12pm	9am to 12pm	9am to 12pm	8am to 12noon
<b>Preschool Afternoons</b>	3pm to 7pm	3pm to 7pm	3pm to 7pm	3pm to 7pm	3pm to 7pm	8am to 12noon
<b>School Age</b>	3pm to 7pm	3pm to 7pm	3pm to 7pm	3pm to 7pm	3pm to 7pm	8am to 12noon
<b>Adults Mornings</b>	9am to 12pm	9am to 12pm	9am to 12pm	9am to 12pm	9am to 12pm	8am to 12noon
<b>Adults Evenings</b>	6pm to 7 pm	6pm to 7 pm	6pm to 7 pm	6pm to 7 pm	6pm to 7 pm	

## Squad Training



- Assessments are required to determine which squad to attend
- Assessments can be done Monday to Friday between 4pm and 4.30pm
- You can attend a minimum of 1 session per week, however 2-3 is advisable

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Junior</b>	4pm to 4.45pm		4pm to 4.45pm		4pm to 4.45pm
<b>Competitive</b>	4.30 to 5.30pm	4.30 to 5.30pm	4.30 to 5.30pm	4.30 to 5.30pm	4.30 to 5.30pm
<b>State</b>	4.30 to 6pm	4.30 to 6pm	4.30 to 6pm	4.30 to 6pm	4.30 to 6pm