



Guildford Swim Centre  
1 Tamplin Rd  
Guildford 2161  
Phone 9721 2911

# ABC Swimming Guildford 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 | 8am to 12noon |
| <b>Preschool Mornings</b>   | 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 6pm  | 8am to 12noon |
| <b>School Age</b>           | 3pm to 7pm  | 3pm to 7pm  | 3pm to 7pm  | 3pm to 7pm  | 3pm to 6pm  | 8am to 12noon |
| <b>Adults Mornings</b>      | 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 |             |               |

## 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         | Saturday      |
|--------------------|----------------|----------------|----------------|----------------|----------------|---------------|
| <b>Junior</b>      | 4pm to 4.45pm  | 4pm to 4.45pm  | 4pm to 4.45pm  | 4pm to 4.45pm  | 4pm to 4.45pm  | 8am -9am      |
| <b>Competitive</b> | 4.45 - 5.45pm  | 4.45 to 5.45pm | 4.45 to 5.45pm | 4.45 to 5.45pm | 4.45 to 5.45pm | 6am to 7.30am |
| <b>State</b>       | 5.45 to 7.15pm | 5.45 to 7.15pm | 5.45 to 7.15pm | 5.45 to 7.15pm | 4.45 to 5.45pm | 6am to 7.30am |
| <b>National</b>    | 5.45 to 7.15pm | 5.45 to 7.15pm | 5.45 to 7.15pm | 5.45 to 7.15pm | 4.45 to 5.45pm | 6am to 7.30am |