

Performance Squad Plan

Week Beginning 24<sup>th</sup> Sep

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Land	Poolside loosen and flex at end	Poolside loosen and flex at end	Poolside loosen and flex at end	5-5.30pm in studio	Poolside loosen and flex at end	Poolside loosen and flex at end	Off
Pool am	Off	Aerobic Endurance	Off	Aerobic capacity	Aerobic capacity	NSA 10-12pm	Off
Pool pm	Aerobic capacity	Aerobic capacity	Aerobic technique	Aerobic and speed	Off	Off	Off

Skills Squad Plan

Land	Off	Off	Off	Off	Off	Poolside loosen and flex at end	8.00-9.00 in main hall
Pool	Off	Off	Off	Off	Off	8.15-9.00am	9.00-9.45am

<b>Upper 1</b>			<b>Days</b>	<b>Times (9)</b>
Lana Duncan	Leona-Jade Simmers	Daisy Tapp	Monday	5:30-7:30
Libby Coull	Ellie Kinnaird	George Nedyalkov	Tuesday am	6:30-8:00
Taylor Smith	Finlay Watson	Murray Robertson	Thursday	5:45-7:45
			Friday am	6:30-8:00
			Sunday	9:00-11:00

<b>Upper 2</b>			<b>Days</b>	<b>Hours (9)</b>
Bobbie Drysdale	Patricia McCagh	Jaden Green	Monday	5:30-7:30
Calum Brown			Tuesday am	6:30-8:00
			Thursday	5:45-7:45
			Friday am	6:30-8:00
			Sunday	9:00-11:00

<b>Middle</b>			<b>Days</b>	<b>Hours (7.5)</b>
Keira Beattie	Lia Pert	Liam Spencer Johnson	Monday	5:30-7:30
Macy Knight	Ellis McEwan	Leon Harley	Thursday	5:45-7:45
Leland Watt	Haydyn Stirling	Aulay Norval	Friday am	6:30-8:00
			Sunday	9:00-11:00

<b>Middle Skills</b>			<b>Days</b>	<b>Hours (6:15)</b>
Milo Drysdale	Yasmin McCagh	Khai Chiat He	Monday	5:30-7:30
Maddox Spink	Robert Thomson	Archie McKay	Tuesday	5:30-6:30
Matthew Booth	Hayden Stirling	Adam Watson	Wednesday	6:30-7:30
Beth Greig			Thursday	5:45-6:45
			Sunday	9:45-11:00

<b>Lower</b>			<b>Days</b>	<b>Hours (5)</b>
Olivia Carkeek	Grace McKay	Daniel Booth +	Monday	6:30-7:30
Hamish Drysdale	Sadie Falconer +	Theo Preater +	Tuesday	5:30-6:30
Konrad Stepinski	John Nicholle	Isla Herron	Wednesday	6:30-7:30
Nick Nedyalkov	Molly Brown		Sunday	9:00-11:00

<b>Lower Skills</b>			<b>Days</b>	<b>Hours (5)</b>
Caelan Barber	Callan Greenhill	Eilidh Barber	Monday	6:30-6:30
Ayman Gordon	Caoimha Heenan	Katelyn Clark	Tuesday	5:30-6:30
Zac Beattie	Blair Cargill	Keira Duffield	Wednesday	6:30-7:30
Evie Wallace	Dylan Turner	Elans Erstikis	Thursday	6:45-7:45
			Sunday	9:45-11:00