

KANGAROO FLAT TRAINING SCHEDULE



Squads	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze Squad	4:30 – 5:30PM		4:30 – 5:30PM	4:30 – 5:30PM	4:30 – 5:30PM	
Silver Squad	4:30 – 5:30PM		4:30 – 5:30PM	4:30 – 5:30PM	4:30 – 5:30PM	
Gold Squad	4:30-6:00PM	4:30-6:00PM	4:30-6:00PM	4:30-6:00PM	4:30-6:00PM	
Performance Squad	4:30-6:30PM	4:30-6:30PM	4:30-6:30PM	4:30-6:30PM	4:30-6:30PM	2:30PM - 4PM



It is a requirement that swimmers are registered on the Stack Team App

