

**MLC Aquatic
Term 4 2023 Timetable**

	Performance Squad		National Squad		National Target		State Squad		Development		Junior		
	<i>Time</i>	<i>Venue</i>	<i>Time</i>	<i>Venue</i>	<i>Time</i>	<i>Venue</i>	<i>Time</i>	<i>Venue</i>	<i>Time</i>	<i>Venue</i>	<i>Time</i>	<i>Venue</i>	
<i>Monday</i>	<i>AM</i>	Gym 5:15-6:15 (AR1) Swim 6:15-7:30	MLC	Swim 5:15-6:30 Gym 6:30-7:30 (AR2)	MLC								
	<i>PM</i>	4:00-6:00	HALC	4:00-6:00	HALC	Gym 4:00-5:00 (AR1) Swim 5:00-6:30	MLC	6:00-7:30	MLC	5:00-6:00	MLC	4:00-5:00	MLC
<i>Tuesday</i>	<i>AM</i>	5:30-7:30	MLC			6:00-7:30	HALC			6:00-7:30	MLC		
	<i>PM</i>	4:00-6:00	HALC	4:00-6:00	HALC			Gym 4:30-5:30 (AR2) Swim 5:30-7:00	MLC			Swim 5:00-6:00 Dryland 6:00-6:30 (landing)	MLC
<i>Wednesday</i>	<i>AM</i>			Gym 5:30-6:30 (AR1) Swim 6:30-7:30	MLC			5:30-7:30	MLC				
	<i>PM</i>	Gym 4:00-5:00 (AR1) Swim 5:00-7:00	MLC			4:00-6:00	HALC			5:00-6:00	MLC	4:00-5:00	MLC
<i>Thursday</i>	<i>AM</i>	6:00-7:30	HALC	5:30-7:30	MLC	Gym 5:30-6:30 (AR1) Swim 6:30-7:30	MLC						
	<i>PM</i>	4:00-5:30	HALC	Activation 5:00-5:30 (AR1) Swim 5:30-7:30	MLC			5:00-7:00	HALC	Swim 5:00-6:00 Dryland 6:00-6:30 (landing)	MLC		
<i>Friday</i>	<i>AM</i>	5:30-7:30	MLC					Gym 5:30-6:30 (AR1) Swim 6:30-7:30	MLC				
	<i>PM</i>			Gym 4:00-5:00 (AR1) Swim 5:00-7:00	MLC	Gym 4:00-5:00 (AR1) Swim 5:00-7:00	MLC			Swim 4:00-5:00 Dryland 5:00-5:30 (landing)	MLC	Swim 4:00-5:00 Dryland 5:00-5:30 (landing)	MLC
<i>Saturday</i>	<i>AM</i>	Swim 5:30-7:30 Gym 7:30-8:30 (AR1)	MLC	Swim 6:00-7:30 Mobility 7:30-8:00	BSC	Dryland 7:00-7:30 (AR1) Swim 7:30-9:00	MLC	Dryland 7:00-7:30 (AR1) Swim 7:30-9:00	MLC				
	<i>PM</i>												
<i>Sunday</i>													

MLC Physical Education Centre
Hawthorn Aquatic and Leisure Centre
Boroondara Sports Complex