

MLC AQUATIC - 2024/2025 TRAINING TIMETABLE

	Open Performance		Age Performance		Senior Competition		National Development		State		Development		
	Lead Coach: Jayden Brian		Lead Coach: Mel Klamt		Lead Coach: Tim Wright		Lead Coach: Tim Wright		Lead Coach: Tim Wright		Lead Coach: Will Drew		
	Time	Coaches	Time	Coaches	Time	Coaches	Time	Coaches	Time	Coaches	Time	Coaches	
Monday	AM	Gym 5:15-6:30 (GH/AR1) Swim 6:30-7:45	(SY) JB	Swim 5:00-6:30 Pilates 6:30-7:30 (DS)	MK					Gym 5:00-6:00 (AR2) Swim 6:00-7:30	(SM) TW WD		
	PM	3:45-6:00	JB MK	3:45-6:00	MK JB	4:45-7:00	TW WD	Gym 4:00-5:00 (AR1) Swim 5:00-7:00	(SM) TW WD			Swim 3:45-5:00 Dryland 5:00-5:30	WD CM
Tuesday	AM	5:15-7:30	JB			5:15-7:30	JB WD	5:45-7:30	TW				
	PM	3:45-6:00	JB MK	3:45-6:00	MK JB					5:15-7:00	TW	4:45-6:00	WD
Wednesday	AM			Term 1 & 4: Swim 5:15-6:30 Gym 6:30-7:45 (AR1) Term 2 & 3: Swim 5:30-7:30	MK (SY)			5:15 - 7:30	TW				
	PM	4:45-7:00	JB			Gym 4:00-5:00 (AR1) Swim 5:00-7:00	(SM) MK WD			3:45-5:30	TW JB	3:45-5:30	WD CM
Thursday	AM	Gym 5:30-6:30 (AR1) Swim 6:30-7:45	(SY) JB	Term 1 & 4: Swim 5:15-7:30 Term 2 & 3: Swim 5:15-6:30 Gym 6:30-7:45 (AR1)	MK (SY)	5:45-7:30	TW						
	PM	3:45-6:00	JB MK	3:45-6:00	MK JB			5:15-7:30	TW	5:15-7:30	TW WD CM	4:45-6:00	WD
Friday	AM	5:15-7:30	JB MK	5:15-7:30	MK JB	Gym 5:30-6:30 (AR1) Swim 6:30-7:30	(SM) JB MK						
	PM							Gym 4:00-5:00 (AR1) Swim 5:00-7:00	(SM SY) TW WD	Gym 4:00-5:00 (AR1) Swim 5:00-7:00	(SM SY) TW WD	Term 1 & 4: Dryland 4:15-4:45 Swim 4:45-6:00 Term 2 & 3: Swim 3:45-5:00 Dryland 5:00-5:30	WD CM
Saturday	AM	Swim 5:15-7:30 Gym 7:30-8:30 (AR1+2)	JB MK (SY SM)	Swim 5:15-7:30 Gym 7:30-8:30 (AR1+2)	MK JB (SY SM)	Gym 6:00-7:15 (GH) Swim 7:30-9:00	(SM SY) TW MK/JB	Gym 6:00-7:15 (GH) Swim 7:30-9:00	(SM SY) TW MK/JB	5:45-7:30	WD		
	PM												

Coaches: Jayden Brian (JB), Mel Klamt (MK), Tim Wright (TW), Will Drew (WD) and Chloe McArthur (CM). S&C: Scott Young (SY) and Shay Mansell (SM)

Venues:

MLC Physical Education Centre

Hawthorn Aquatic and Leisure Centre

Boroondara Sports Complex