



Please note changes for 8-20 December 2025



# Club Training Schedule

Week of 8-13 Dec 2025

Squad		Mon 8 Dec	Tues 9 Dec	Wed 10 Dec	Thu 11 Dec	Fri 12 Dec	Sat 13 Dec
National	AM	Gym 5am/7am LL 5:15am/6am	KAC (Fina) 5:15-7:30am	Gym 5am/7am KAC (Fina) 5:15am/6am	KAC (Fina) 5:15-7:30am (w/Senior Comp)	KAC (Fina) 5:15-7:30am (w/Senior Comp)	KAC (Fina) 6:00-8:30am
	PM	KAC (Fina) 4:00-6:30pm Selection Group					
Senior Competitive Squad	AM	KAC (Fina) 5:30-7:30am	KAC (Fina) 5:30-7:30am		KAC (Fina) 5:30-7:30am	KAC (Fina) 5:30-7:30am	
State Gold	AM	KAC (Fina) 5:30-7:30am	KAC (Olympic) 5:30-7:30am	No training	No training		No training
	PM				No Gym	No Gym	
State	AM			LL 5:30-7:30am	LL 5:30-7:30am (w/State Dev)		KAC (Olympic) 6:00-8:00am (w/State Dev)
	PM	KAC (Fina) 4:30-6:30pm				KAC (Fina) 4:30-6:30pm (w/Junior)	
State Development	AM				LL 5:30-7:30am		KAC (Fina) 6:00-8:00am
	PM	KAC (Fina) 4:30-6:30pm		KAC (Olympic) 4:30-6:30pm			
Junior Gold	AM			LL 5:30-7:30am			KAC (Olympic) 6:00-8:00am
	PM		KAC (Fina) 4:30-6:30pm		KAC (Olympic) 4:30-6:30pm		
Junior	AM	CCG 6:00-7:30am		CCG 6:00-7:30am			
	PM					KAC (Fina) 4:30-6:30pm	
Junior Development	AM	CCG 6:00-7:30am	CCG 6:00-7:30am		CCG 6:00-7:30am		



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Please note changes for December 2025



# Club Training Schedule

Week of 15 – 20 Dec 2025

Squad		Mon 15 Dec	Tues 16 Dec	Wed 17 Dec	Thu 18 Dec	Fri 19 Dec	Sat 20 Dec
National	AM	<b>KAC (Fina)</b> 5:15–7:30am (w/Senior Comp)	<b>KAC (Fina)</b> 5:15–7:30am (w/Senior Comp)	<b>Gym 5am/7am</b> <b>KAC (Fina)</b> 5:15am/6am		<b>Gym 5am/7am</b> <b>LL</b> 5:15am/6am	<b>KAC (Fina)</b> 6:00–8:30am
	PM	No training		<b>KAC (Fina)</b> 4:00–6:30pm	<b>KAC (Fina)</b> 4:00–6:30pm		
Senior Competitive Squad	AM	<b>KAC (Fina)</b> 5:30–7:30am	<b>KAC (Fina)</b> 5:30–7:30am		<b>KAC (Fina)</b> 5:30–7:30am	<b>KAC (Fina)</b> 5:30–7:30am	
State Gold	AM	No training	No training	<b>KAC (Olympic)</b> 5:30–7:30am	<b>KAC (Fina)</b> 5:15–7:30am		No training/ OW Champs
	PM				<b>Gym</b> 4:15–5:00pm	<b>KAC (Fina)</b> 4:30–6:30pm	
State	AM			<b>LL</b> 5:30–7:30am	<b>LL</b> 5:30–7:30am		<b>KAC (Fina)</b> 6:00–8:00am
	PM	<b>KAC (Fina)</b> 4:30–6:30pm (w/State Dev)				<b>KAC (Fina)</b> 4:30–6:30pm	
State Development	AM				<b>LL</b> 5:30–7:30am		<b>KAC (Fina)</b> 6:00–8:00am
	PM	<b>KAC (Fina)</b> 4:30–6:30pm		<b>KAC (Olympic)</b> 4:30–6:30pm			
Junior Gold	AM			<b>LL</b> 5:30–7:30am			<b>KAC (Olympic)</b> 6:00–8:00am
	PM		<b>KAC (Fina)</b> 4:30–6:30pm		<b>KAC (Olympic)</b> 4:30–6:30pm		
Junior	AM	<b>LL</b> 6:00–7:30am		<b>LL</b> 6:00–7:30am			<b>KAC (Olympic)</b> 6:00–8:00am
	PM					<b>KAC (Fina)</b> 4:30–6:30pm	
Junior Development	AM	<b>LL</b> 6:00–7:30am	<b>LL</b> 6:00–7:30am				<b>KAC (Olympic)</b> 6:00–8:00am
	PM					<b>KAC (Fina)</b> 4:30–6:30pm	



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# Club Training Venues

2025/26 LC



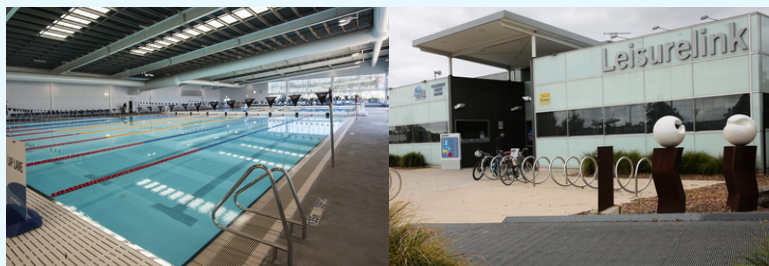
Code	Venue
<b>KAC</b>	Kardinia Aquatic Centre, South Geelong
CoGG entry admission required. 2 x 50m pools available, the FINA pool and the Olympic pool.	



Code	Venue
<b>GGs</b>	Handbury Centre for Wellbeing, Geelong Grammar School, Corio
Follow signs to the Handbury Wellbeing Centre, turn left just after the iron gates to access the carpark.	



Code	Venue
<b>LL</b>	Leisurelink Aquatic and Recreation Centre, Waurin Ponds
CoGG entry admission required. Doors open at 5:30am.	



Code	Venue
<b>CCG</b>	Christian College Geelong, Highton Campus
Enter carpark off Burdekin Road, please follow pedestrian paths – no access through the bus parking area.	



Code	Venue
<b>NBA</b>	North Bellarine Aquatic Centre, Drysdale
CoGG entry admission required.	



**WHC** Western Heights College Gym



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