



FiT
For Life

PLC Swim Squad 2023 Timetable

Squad Timetable						
Squad Level	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gold	AM 5:00 - 7:00 PM 5:00 - 7:00	AM 5:00 - 7:00 PM 5:00 - 7:00	AM 5:00 - 7:00	AM 5:00 - 7:00 PM 5:00 - 7:00	AM 5:00 - 7:00	AM 6:30 - 8:30
Silver	PM 5:00 - 6:30	AM 5:00 - 6:30 PM 5:00 - 6:30	AM 5:00 - 6:30 PM 5:00 - 6:30	AM 5:00 - 6:30 PM 5:00 - 6:30		AM 6:30 - 8:00
Bronze	PM 4:00 - 5:00	AM 6:30 - 7:30 PM 4:00 - 5:00	PM 4:00 - 5:00	AM 6:30 - 7:30 PM 4:00 - 5:00		AM 7:00 - 8:00
Special Olympics	PM 4:00 - 5:00 PM 5:45 - 6:45					
Junior Swimfit		PM 4:15 - 5:00		PM 4:15 - 5:00		
Senior Swimfit	PM 6:45 - 7:45	PM 6:45 - 7:45	PM 6:45 - 7:45			AM 8:00 - 9:00
Starts/turns & finishes session					PM 5:15 - 6:15	

Classes do not run on public holidays and break over the Christmas period.
Please see reception for dates.

Timetable and instructors are subject to change without notice.
Please call Peninsula Leisure Centre on **4325 8123** for the most up to date timetable information.



Leisure
Centres