



# Melbourne Vicentre Swimming Club 2018/19 Squad Timetables at Glen Iris





## MVC Age

Amanda Teh

[amandat@vicentre.org.au](mailto:amandat@vicentre.org.au)

The MVC Age Squad is committed to high performance at Victorian Championship competitions, and aspiration to perform at National level.

### Squad Break

- 17 December 2018 to 6 January 2019

	AM		PM	
	Swim	Gym	Swim	Gym
<b>Monday</b>	5:30 – 7:00	×	×	×
<b>Tuesday</b>	5:30 – 7:00	×	MSAC 4:00 – 6:00	×
<b>Wednesday</b>	×	×	6:00 – 8:00	×
<b>Thursday</b>	×	×	6:00 – 7:30	5:15 – 5:45
<b>Friday</b>	×	×	6:00 – 7:30	×
<b>Saturday</b>	6:30 – 8:00	8:15 – 8:45	×	×
<b>Equipment</b>	fins, hand & finger paddles, kick board, pull buoy, band, water bottle, snorkel & spare goggles			

## MVC Junior (Glen Iris)

Joanna Moss

[joannam@vicentre.org.au](mailto:joannam@vicentre.org.au)

The objective of the MVC Junior squad is to develop skills in all strokes and to aspire to qualify and perform well at Victorian Age Championships

### Squad Break

- 17 December 2018 to 6 January 2019

	AM		PM	
	Swim	Gym	Swim	Gym
<b>Monday</b>	×	×	6:00 – 7:30	5:15 – 5:45
<b>Tuesday</b>	×	×	6:00 – 7:30	×
<b>Wednesday</b>	×	×	MSAC 6:00 – 7:30	MSAC 5:15 – 6:00
<b>Thursday</b>	5:30 – 7:00	×	×	×
<b>Friday</b>	×	×	6:00 – 7:30	5:15 – 5:45
<b>Saturday</b>	6:30 – 8:00	×	×	×
<b>Equipment</b>	fins, hand & finger paddles, kick board, pull buoy, band, water bottle, snorkel & spare goggles			



## Livingstone Squad

Joanna Moss [joannam@vicentre.org.au](mailto:joannam@vicentre.org.au)

The objective of the Livingstone squad is to develop skills in all strokes.

### Squad Break

- 17 December 2018 to 6 January 2019

	AM		PM	
	Swim	Gym	Swim	Gym
<b>Monday</b>	x	x	6:00 – 7:30	x
<b>Tuesday</b>	x	x	6:00 – 7:30	5:15 – 5:45
<b>Wednesday</b>	x	x	x	x
<b>Thursday</b>	x	x	6:00 – 7:30	5:15 – 5:45
<b>Friday</b>	x	x	x	x
<b>Saturday</b>	6:30 – 8:00	8:15 – 8:45	x	x
<b>Equipment</b>	fins, kick board, pull buoy, band, water bottle & spare goggles			

## Rooney Squad

Simon Gould [simong@vicentre.org.au](mailto:simong@vicentre.org.au)

### Squad Break

- 17 December 2018 to 6 January 2019

	AM	PM
<b>Monday</b>	x	x
<b>Tuesday</b>	x	x
<b>Wednesday</b>	x	Gym 5:30 – 5:50 Swim 6:00 – 7:00
<b>Thursday</b>	x	x
<b>Friday</b>	x	Swim 5:00 – 6:00 Gym 6:10 – 6:30
<b>Saturday</b>	Swim 8:00 – 9:00	x
<b>Equipment</b>	fins, kick board, pull buoy, band, water bottle & spare goggles	



## Swim Fit

Simon Gould  
Joanna Moss

[simong@vicentre.org.au](mailto:simong@vicentre.org.au)  
[joannam@vicentre.org.au](mailto:joannam@vicentre.org.au)

Swim Fit is designed to accommodate swimmers aged 13 – 17 years, who love swimming but cannot commit to a full schedule of training. This squad also suits athletes from complimentary sports like Water Polo and Triathlon.

## Squad Break

- 17 December 2018 to 6 January 2019

	AM	PM
<b>Monday</b>	5:30 – 7:00	×
<b>Tuesday</b>	×	7:00 – 8:00
<b>Wednesday</b>	×	7:00 – 8:00
<b>Thursday</b>	×	×
<b>Friday</b>	5:30 – 7:00	×
<b>Equipment</b>	fins, hand & finger paddles, kick board, pull buoy, band, water bottle, snorkel & spare goggles	

## Masters

Simon Gould  
Joanna Moss

[simong@vicentre.org.au](mailto:simong@vicentre.org.au)  
[joannam@vicentre.org.au](mailto:joannam@vicentre.org.au)

This squad is designed to accommodate Lap, Masters, Triathlon & Open Water Swimmers. The aim is to build skills, abilities & fitness.

## Squad Break

- 17 December 2018 to 6 January 2019

	AM
<b>Monday</b>	5:30 – 7:00
<b>Tuesday</b>	5:30 – 7:00
<b>Wednesday</b>	×
<b>Thursday</b>	5:30 – 7:00
<b>Friday</b>	5:30 – 7:00
<b>Saturday</b>	×
<b>Equipment</b>	fins, kick board, pull buoy, band, water bottle & spare goggles