

ZOOM WORKOUT TIMES November/December lockdown

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekend	
Mini Dolphins	6.00-7.00pm All groups joint workout	6.30-7.15pm				5-5.45pm	5.00-5.30pm Quiz/Social	Over the weekend, all swimmers are recommended to get out on a bike ride or walk with household (or socially distanced with 1 person from outside household in line with Govt policy)	
Junior Dolphins		6.30-7.15pm				5-5.45pm	5.00-5.30pm Quiz/Social		
Intermediate 1					6.30-7.15pm	6.30-7.30pm	9.30-10.30am		5.45-6.15pm Quiz/Social
Intermediate 2		6.15-7.00am			6.30-7.15pm	6.30-7.30pm	9.30-10.30am		5.45-6.15pm Quiz/Social
Performance 1		6.00-7.00pm All groups joint workout	6.15-7.00am	7.15-8.15pm	7.15-8.15pm		9.30-10.30am		6.30-7.00pm Quiz/Social
			7.15-8.15pm						
Performance 2			6.15-7.00am	7.15-8.15pm	7.15-8.15pm		9.30-10.30am		6.30-7.00pm Quiz/Social
		7.15-8.15pm							

We recommend all swimmers attend the same number of sessions as they would attend swim training each week to maintain fitness and routine. Where possible, all Intermediate & Performance swimmers should have a mat, 2 small hand weights (e.g. cans of beans/dumbbells) and 1 larger weight (e.g. med ball or large water bottle) for each session. Dolphins swimmers will only need a mat and water bottle for their sessions.