

Mornings

6:00am

7:00am

7:30am

Monday	Senior State & Country + Junior State & Country
Tuesday	Senior State & Country
Wednesday	Senior State & Country + Junior State & Country
Thursday	Senior State & Country
Friday	Senior State & Country

Please note:

Times listed are **“IN THE WATER”** times.

Swimmers are expected to **arrive early to warm up** before swimming.

Evenings

6:00pm

7:00pm

7:30pm

8:00pm

8:30pm

Monday	Intermediate	Advanced
	Novice	Senior State & Country
Tuesday	Junior	
	Junior State & country	
Wednesday	Intermediate	Advanced
	Novice	Senior State & Country
Thursday	Junior	
	Junior State/country	
Friday	Junior	Advanced
	Intermediate	Senior State/country & Junior State/country

Saturday :

Open to All squads 9:00am to 11:00 am (stroke correction/drills)