

Squad Timetable Term 1 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JUNIOR SWIM FIT				3.45pm – 4:30pm (Connor)		8.30am – 9.15am (Connor)
Pre - Squads		3.45pm - 4.30pm (Connor)		3.45pm - 4.30pm (Connor)		8.30am - 9.15am (Connor)
SQUAD Bronze	4:00pm – 5:00pm (Connor)	4:30pm – 5:30pm (Connor)	4:00pm – 5:00pm (Connor)	4:30pm – 5:30pm (Connor)	4:00pm – 5:00pm (Connor)	7:30am – 8:30am (Connor)
SQUAD Silver	5:00pm-6.30pm (Connor)	6:00am – 7:30am (Hamid)	5:00pm – 6:30pm (Connor)	6:00am – 7:30am (Hamid) 5:30pm – 7:00pm (Connor)		6:00am – 7:30am (Connor)
SQUAD Gold	6:00am-7:30am (Hamid)	6:00am – 7:30am 5:00pm – 7:00pm (Hamid/Connor)	5:00pm-7:00pm (Connor)	6:00am – 7:30am 5:00pm – 7:00pm (Hamid)	6:00am – 7:30am (Hamid)	6:00am – 7:30am (Connor)