



SWIM SQUADS • LEARN TO SWIM • TRIATHLON • WATER POLO • AQUA AEROBICS

50m POOL

MONDAY										
	50m POOL									
	0	1	2	3	4	5	6	7	8	9
5:00-6:00	SQUADS									
6:00-7:00	(5:15-7:15am)									
7:00-8:00										
8:00-9:00										
9:00-10:00						ADULT SQUAD				
10:00-11:00										
11:00-12:00										
12:00-1:00										
1:00-2:00										
2:00-3:00										
3:00-4:00										
4:00-5:00	SQUADS									
5:00-6:00	(3:45-7:00pm)									
6:00-7:00										

TUESDAY										
	50m POOL									
	0	1	2	3	4	5	6	7	8	9
5:00-6:00	SQUADS									
6:00-7:00	(5:15-7:15am)									
7:00-8:00										
8:00-9:00										
9:00-10:00						ADULT SQUAD				
10:00-11:00										
11:00-12:00										
12:00-1:00										
1:00-2:00										
2:00-3:00										
3:00-4:00										
4:00-5:00	SQUADS									
5:00-6:00	(3:45-7:00pm)									
6:00-7:00										

WEDNESDAY										
	50m POOL									
	0	1	2	3	4	5	6	7	8	9
5:00-6:00	SQUADS									
6:00-7:00	(5:15-7:15am)									
7:00-8:00										
8:00-9:00										
9:00-10:00						ADULT SQUAD				
10:00-11:00										
11:00-12:00										
12:00-1:00										
1:00-2:00										
2:00-3:00										
3:00-4:00										
4:00-5:00	SQUADS									
5:00-6:00	(4:00-6:00pm)									
6:00-7:00										

THURSDAY

50m POOL

25m POOL

MONDAY							
	25m POOL						Dive
	1	2	3	4	5	6	
5:00-6:00	MINI SQUADS						
6:00-7:00	(5:30-7:00am)						
7:00-8:00							
8:00-9:00							AQUA
9:00-10:00							AQUA
10:00-11:00							
11:00-12:00							
12:00-1:00							AQUA
1:00-2:00							(12:30-1:30pm)
2:00-3:00							
3:00-4:00							
4:00-5:00	MINI SQUADS						
5:00-6:00	(3:45-6:00pm)						WATER POLO
6:00-7:00							(4:00-7:30pm)

TUESDAY							
	25m POOL						Dive
	1	2	3	4	5	6	
5:00-6:00	SQUADS						
6:00-7:00	5:30-7:00am						AQUA
7:00-8:00							(6:30-7:30am)
8:00-9:00							
9:00-10:00							AQUA
10:00-11:00							
11:00-12:00							
12:00-1:00							
1:00-2:00							
2:00-3:00							
3:00-4:00							
4:00-5:00	MINI SQUADS						
5:00-6:00	(3:45-6:00pm)						WATER POLO
6:00-7:00							(4:00-7:30pm)

WEDNESDAY							
	25m POOL						Dive
	1	2	3	4	5	6	
5:00-6:00	MINI SQUADS						
6:00-7:00	(5:30-7:00am)						
7:00-8:00							
8:00-9:00							
9:00-10:00							AQUA
10:00-11:00							
11:00-12:00							
12:00-1:00							
1:00-2:00							
2:00-3:00							
3:00-4:00							
4:00-5:00	MINI SQUADS						
5:00-6:00	(3:45-6:00pm)						WATER POLO
6:00-7:00	CLUB NIGHT						(4:00-7:30pm)

THURSDAY

25m POOL

	0	1	2	3	4	5	6	7	8	9
5:00-6:00	SQUADS									
6:00-7:00	(5:15-7:15am)									
7:00-8:00										
8:00-9:00										
9:00-10:00						ADULT SQUAD				
10:00-11:00										
11:00-12:00										
12:00-1:00										
1:00-2:00										
2:00-3:00										
3:00-4:00										
4:00-5:00	SQUADS									
5:00-6:00	(3:45-7:00pm)									
6:00-7:00										

	1	2	3	4	5	6	Dive
5:00-6:00	SQUADS						
6:00-7:00	5:30-7:00am						
7:00-8:00							AQUA (6:30-7:30am)
8:00-9:00							
9:00-10:00							AQUA
10:00-11:00							
11:00-12:00							
12:00-1:00							AQUA (12:30-1:30pm)
1:00-2:00							
2:00-3:00							
3:00-4:00							
4:00-5:00	MINI SQUADS						
5:00-6:00	(3:45-6:00pm)						
6:00-7:00							WATER POLO (4:00-7:30pm)

FRIDAY										
50m POOL										
	0	1	2	3	4	5	6	7	8	9
5:00-6:00	SQUADS									
6:00-7:00	(5:15-7:15am)									
7:00-8:00										
8:00-9:00										
9:00-10:00						ADULT SQUAD				
10:00-11:00										
11:00-12:00										
12:00-1:00										
1:00-2:00										
2:00-3:00										
3:00-4:00										
4:00-5:00	SQUADS									
5:00-6:00	(3:45-6:00pm)									
-										

FRIDAY							
25m POOL							
	1	2	3	4	5	6	Dive
5:00-6:00	MINI SQUADS						
6:00-7:00	(5:30-7:00am)						
7:00-8:00							
8:00-9:00							AQUA
9:00-10:00							AQUA
10:00-11:00							
11:00-12:00							
12:00-1:00							
1:00-2:00							
2:00-3:00							
3:00-4:00							
4:00-5:00	MINI SQUADS						
5:00-6:00	(3:45-6:00pm)						
-							WATER POLO (4:00-7:30pm)

SATURDAY										
50m POOL										
	0	1	2	3	4	5	6	7	8	9
-										
6:00-7:00	SQUADS									
7:00-8:00	(6:00-8:30am)									
8:00-9:00										
9:00-10:00										
10:00-11:00										
11:00-12:00										
12:00-1:00										
1:00-2:00										
2:00-3:00										
3:00-4:00										
4:00-5:00										
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-										

SATURDAY							
25m POOL							
	1	2	3	4	5	6	Dive
-							
6:00-7:00							
7:00-8:00	MINI SQUADS						
8:00-9:00	(7:30-9:00am)						
9:00-10:00							AQUA
10:00-11:00							
11:00-12:00							
12:00-1:00							
1:00-2:00							
2:00-3:00							
3:00-4:00							
4:00-5:00							
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SUNDAY										
50m POOL										
	0	1	2	3	4	5	6	7	8	9
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8:00-9:00										
9:00-10:00										
10:00-11:00										
11:00-12:00										
12:00-1:00										
1:00-2:00										
2:00-3:00										
3:00-4:00										
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-										

SUNDAY							
25m POOL							
	1	2	3	4	5	6	Dive
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8:00-9:00							
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