

# SQUAD TIMETABLE 2021

<b>ADVANCED SQUAD</b>						
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>AM</b>	5-7	5-7		5-7	5-7	5-7
<b>PM</b>	5-7	5-7	5-7		CLUB RACES	

\*Dryland sessions TBC

<b>INTERMEDIATE SQUAD</b>						
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>AM</b>		5-7	5-7		5-7	5-7
<b>PM</b>	5:15-7		5:15-7	5:15-7	CLUB RACES	

\*Dryland sessions TBC

<b>DEVELOPMENT SQUAD</b>						
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>AM</b>			5:30-7	5:30-7		7-8:30
<b>PM</b>	3:45-5	3:45-5	3:45-5	3:45-5	3:45-5	

<b>JUNIOR SQUAD</b>						
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>AM</b>						8-9 9-10
<b>PM</b>	4-5	4-5 5-6	4-5	4-5 5-6	4-5 5-6	

**STINGRAYS**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM						8:30-9.15 9:15-10
PM	3:45-4:30 4:30-5:15	3:45-4:30 4:30-5:15 5:15-6	3:45-4:30 4:30-5:15	3:45-4:30 4:30-5:15 5:15-6	3:45-4:30 4:30-5:15 5:15-6	

**SWORDFISH**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM						8-8:30 8:30-9 9-9:30
PM		4-4:30 4:30-5		4-4:30 4:30-5		

**YOUTH FITNESS**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM						7-8:30
PM		6-7		6-7		

\*Please note that times are subject to change with bookings