

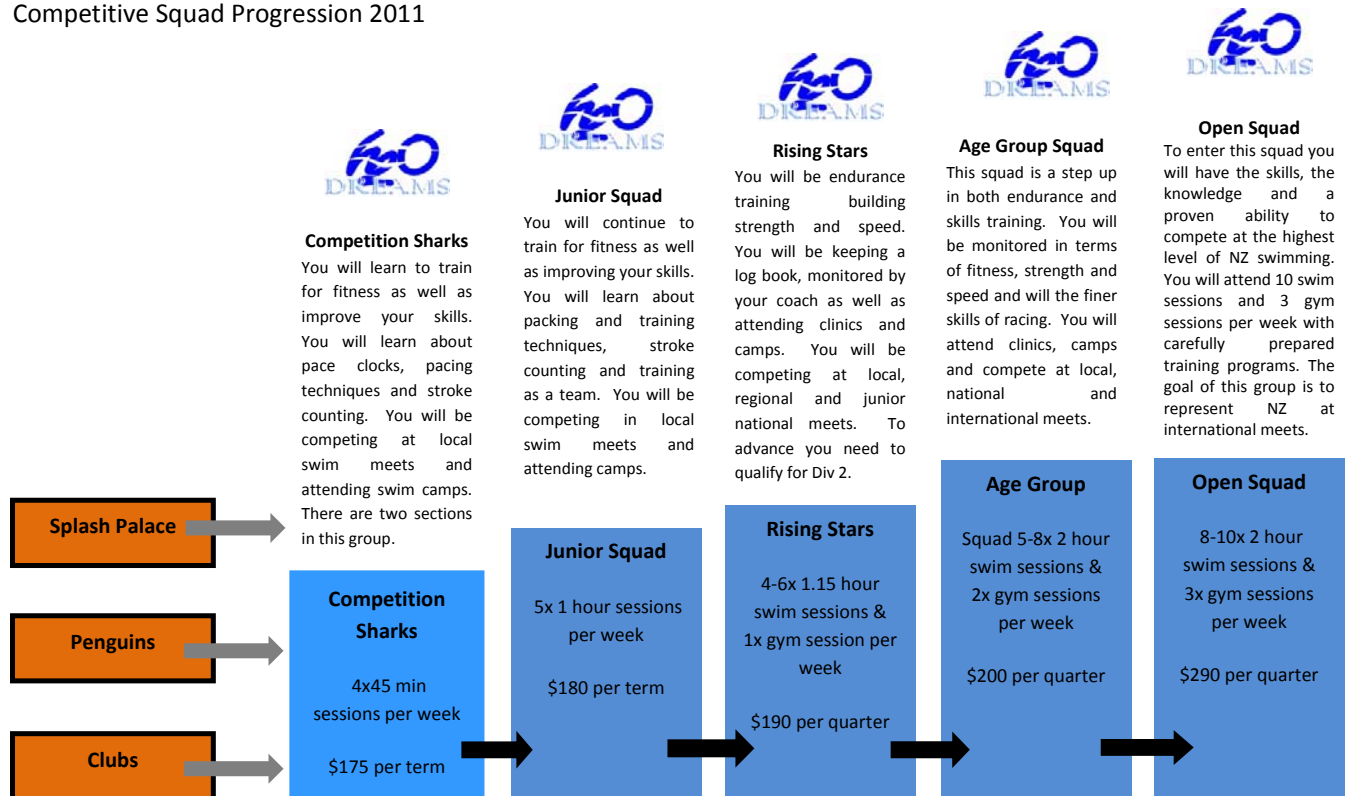


Aquatic Life skills from infants to internationals

Competitive Squads Practice Schedule 2011

Squad Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Competition Sharks						
Am						
Pm	3.30-4.15	3.30-4.15	3.30-4.15	3.30-4.15		
Juniors						
Am						8.00-9.30
Pm	4.05-5.15	4.05-5.15	4.05-5.15	4.05-5.15		
Rising Star						
Am	5.20-7.00					8.00-9.30
Pm	4.05-5.15	4.05-5.15	4.05-5.15	4.05-5.15		
Age Group						
Am	5.20-7.30	5.20-7.30		5.20-7.30	5.20-7.30	5.45-8.00
Pm	5.00-7.00	5.00-7.00	5.00-7.00	5.00-7.00		
Open						
Am	5.20-7.30	5.20-7.30	5.20-7.30	5.20-7.30	5.20-7.30	5.45-8.00
Pm	5.00-7.00	5.00-7.00	5.00-7.00	5.00-7.00		

Competitive Squad Progression 2011



We also run Surf, Tri, Master swim squads which are for adults training for an event or swimmers who are having a break from competition. Please enquire to coaching director Jeremy Duncan for further information.

Please be aware that the Coaching Director makes the decision on when each swimmer moves up a squad. Refunds or credits are only given on production of a medical certificate.

Jeremy.

