



NSS SwimSport Squads Schedule

| Squad | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday |
|-----------|--------|----|---------|--------|-----------|----|----------|--------|--------|----|----------|
| | am | pm | am | pm | am | pm | am | pm | am | pm | am |
| Surf | 5:30-7 | - | 5:30-7 | - | - | - | 5:30-7 | - | 5:30-7 | - | - |
| | NAC | - | NAC | - | - | - | NAC | - | NAC | - | - |
| Waterpolo | 5:30-7 | - | - | - | 5:30-7 | - | - | - | 5:30-7 | - | - |
| | NAC | - | - | - | NAC | - | - | - | NAC | - | - |
| Swimfit | - | - | - | 6-7:30 | - | - | - | 6-7:30 | - | - | 6-7:30 |
| | - | - | - | NAC | - | - | - | NAC | - | - | AUTM |

