

SQUAD		JANUARY										
		Mon 13th		Tues 14th		Wed 15th		Thurs 16th		Fri 17th		Sat 18th
		am	pm	am	pm	am	pm	am	pm	am	pm	am
Gold		-	4-5:30/6	5:30-7:30	-	5:30-7:00	4-6	5:30-7:30	4-6	5:30-7:30	-	5:30-7:30
	SWIM	-	NAC	NAC	-	NAC	NAC	NAC	NAC	NAC	-	NAC
	LAND	-	-	7:45-8:45	-	-	-	7:45-8:45	-	-	-	-
Silver		-	4-5:30/6	6-7:30	-	5:30-7:00	4-6	-	4-6	6-7:30	-	5:30-7:30
	SWIM	-	NAC	NAC	-	NAC	NAC	-	NAC	NAC	-	NAC
	LAND	-	3.30-3:50	-	-	7:15-8:00	-	-	-	-	-	-
Bronze		-	-	-	-	-	-	6-7:30	-	6-7:30	4-5:30	5:30-7:30
	SWIM	-	-	-	-	-	-	NAC	-	NAC	NAC	NAC
	LAND	-	-	-	-	-	-	-	-	-	-	-
SwimFit		-	-	-	-	-	-	5:30-7	-	5:30-7	-	-
	SWIM	-	-	-	-	-	-	NAC	-	NAC	-	-
	COACH	-	-	-	-	-	-	-	-	-	-	-
Panda		-	-	-	-	-	-	-	-	-	4:00-5:30	5:30-7:30
	SWIM	-	-	-	-	-	-	-	-	-	NAC	NAC
	DRYLAND	-	-	-	-	-	-	-	-	-	-	-
Yogi		-	-	-	-	-	-	-	-	-	5:30-7:00 (All)	5:30-7:30 (All)
	SWIM	-	-	-	-	-	-	-	-	-	TAKA	NAC
	DRYLAND	-	-	-	-	-	-	-	-	-	5:00-5:30	-
Baloo		-	-	-	-	-	-	-	4:30-6:00 (All)	-	4:00-5:30 (2)	7:30-8:45(All)
	SWIM	-	-	-	-	-	-	-	NAC	-	NAC	NAC Learners
	DRYLAND	-	-	-	-	-	-	-	4:15-4:30	-	-	7:00-7:30
Paddington		-	-	-	-	-	-	-	5:00-6:00	-	-	7:30-9:00
	SWIM	-	-	-	-	-	-	-	NAC	-	-	2x25m
	DRYLAND	-	-	-	-	-	-	-	4:45-5:00	-	-	7:00-7:30
Teddy		-	-	-	-	-	-	-	4:00-5:00	-	-	-
	SWIM	-	-	-	-	-	-	-	NAC	-	-	-
	DRYLAND	-	-	-	-	-	-	-	3:45-4:00	-	-	-

----- AUTM CLOSED -----

----- JNR + DEV CAMP -----