


SQUAD TRAINING SCHEDULES 15/4/24 - 20/4/24

		Mon 15th		Tues 16th		Wed 17th		Thu 18th		Fri 19th		Sat 20th	
		April		April		April		April		April		April	
		am	pm	am	pm	am	pm	am	pm	am	pm	am	pm
Grizzly	SWIM	5:30am-7:30am NAC (LC)	4:00pm-6:00pm NAC (LC)	5:30am-7:30am NAC (SC)		5:30am-7:00am NAC (LC)	4:00pm-6:00pm NAC (LC)	5:30am-7:30am NAC (SC)	4:00pm-6:00pm NAC (SC)	5:30am-7:30am NAC (LC)		5:30am-7:30am AUTM (LC)	
	DRYLAND			NO GYM				NO GYM				NO GYM	
	COACH	DP	DP	DP		DP	DP	DP	DP	DP		DP	
Polar	SWIM	5:30am-7:30am NAC (LC)	4:00pm-6:00pm NAC (LC)	5:30am-7:30am NAC (SC)		5:30am-7:00am NAC (LC)	4:00pm-6:00pm NAC (LC)	5:30am-7:30am NAC (SC)	4:00pm-6:00pm NAC (SC)	5:30am-7:30am NAC (LC)		5:30am-7:30am AUTM (LC)	
	DRYLAND		No Dryland			NO AD						NO AD	
	COACH	DP	DP	DP		DP	DP	DP	DP	DP		DP	
Black	SWIM	5:30am-7:30am NAC (LC)	4:00pm-6:00pm NAC (LC)	5:30am-7:30am NAC (SC)			4:00pm-6:00pm NAC (LC)	5:30am-7:30am NAC (SC)		5:30am-7:30am NAC (LC)	4:00pm-6:00pm NAC (SC)	5:30am-7:30am AUTM (LC)	
	DRYLAND						NO DRYLAND					NO AD	
	COACH	DP	DP	DP			JW	DP		DP	DP + JW	DP	
Brown	SWIM	6:00am-7:30am NAC (LC)	4:00pm-6:00pm NAC (LC)	5:30am-7:30am NAC (SC)			4:00pm-6:00pm NAC (LC)	6:00am-7:30am NAC (SC)		5:30am-7:30am NAC (LC)	4:00pm-6:00pm NAC (SC)		
	DRYLAND	5:20am-5:50am					NO AD	5:20am-5:50am					
	COACH	JW	DP	JW			JW	JW		JW	DP + JW		
SwimFit	SWIM	5:30am-7:00am NAC (LC)		5:30am-7:00am NAC (SC)				5:30am-7:00am NAC (SC)		5:30am-7:00am NAC (LC)			
	COACH	JW		JW				JW		JW			
Young	SWIM						4:00pm-5:00pm NAC (LC)		4:00pm-6:00pm NAC (SC)				
	COACH						SL		SL + JL				
Panda	SWIM	6:00am-7:30am TAKA (33)		4:30pm-6:00pm AUTM (SC)	6:00am-7:30am TAKA (33)			5:30pm-7:00pm TAKA (33)		4:00pm-5:30pm NAC (SC)	7:30am-9:00am AUTM (LC)		
	DRYLAND			4:00pm-4:30pm				5:00pm-5:30pm			6:20am-7:20am		
	COACH	MW		MW + BH	MW			JW		DP + JW	MW + CC + JZ		
Yogi	SWIM		5:30pm-7:00pm (1) TAKA (33)	6:00am-7:30am (1) TAKA (33)	4:30pm-6:00pm (2) AUTM (SC)		5:30pm-7:00pm (All) TAKA (33)	6:00am-7:30am (2) TAKA (33)		5:30pm-7:00pm (All) TAKA (33)	7:30am-9:00am (All) AUTM (LC)		
	DRYLAND		5:00pm-5:30pm		4:00pm-4:30pm					5:00pm-5:30pm	6:20am-7:20am		
	COACH		CC	MW	MW + BH		MW + CC	MW		BH + SO	MW + CC + JZ		
Baloo	SWIM		4:00pm-5:30pm (1) AUTM (SC)		4:30pm-6:00pm (ALL) AUTM (SC)			4:30pm-6:00pm (ALL) AUTM (SC)		4:00pm-5:30pm (2) AUTM (SC)	7:30am-9:00am (ALL) AUTM (LC)		
	DRYLAND				4:15pm-4:30pm			4:15pm-4:30pm			7:00am-7:30am		
	COACH		JW		JW			MW + CCL		NC + RM	JW		
Paddington	SWIM				5:00pm-6:00pm AUTM (SC)			5:00pm-6:00pm AUTM (SC)			7:30am-9:00am AUTM (LC)		
	DRYLAND				4:45pm-5:00pm			4:45pm-5:00pm			7:00am-7:30am		
	COACH				EH + JZ			CC + EH + JZ			?		
Teddy	SWIM				4:00pm-5:00pm AUTM (SC)			4:00pm-5:00pm AUTM (SC)					
	DRYLAND				3:45pm-4:00pm			3:45pm-4:00pm					
	COACH				EH + JZ			CC + EH + JZ					

-----NZ AGE GROUP CHAMPS ON IN HASTINGS-----

Brown and Swimfit training at NAC

Grizzly, Polar, Brown & Black all train together at NAC 4pm-6pm
No dryland - Polar

Brown and Swimfit training at NAC
No Gym - Grizzly

No AD - Polar

Grizzly, Polar, Brown & Black all train together at NAC 4pm-6pm
No dryland - Black
No AD - Brown

Polar and Swimfit training at NAC
No Gym - Grizzly

Black and Swimfit training at NAC

No Gym - Grizzly
No AD - Polar
No AD - Black