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

NORTH SHORE SWIMMING		Mon 15th			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	4:00pm-6:00pm	5:30am-7:30am		5.30am-7.00am	4.00pm-6.00pm	5.30am-7.30am	4.00pm-6.00pm	5.30am-7.30am		5.30am-7.30am	
		NAC (LC)	NAC (LC)	NAC (SC)		NAC (LC)	NAC (LC)	NAC (SC)	NAC (SC)	NAC (LC)		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	4:00pm-6:00pm	5.30am-7.30am		5.30am-7.00am	4.00pm-6.00pm	5.30am-7.30am	4.00pm-6.00pm	5.30am-7.30am		5.30am-7.30am	
		NAC (LC)	NAC (LC)	NAC (SC)		NAC (LC)	NAC (LC)	NAC (SC)	NAC (SC)	NAC (LC)		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	4:00pm-6:00pm	5.30am-7.30am			4.00pm-6.00pm	5.30am-7.30am		5.30am-7.30am	4.00pm-6.00pm	5.30am-7.30am	
	SVIIVI	NAC (LC)	NAC (LC)	NAC (SC)			NAC (LC)	NAC (SC)		NAC (LC)	NAC (SC)	AUTM (LC)	
	DRYLAND						NO DRYLAND					NO AD	
	COACH	DP	DP	DP			JW	DP		DP	DP + JW	DP	
Brown	SWIM	6:00am-7:30am	4:00pm-6:00pm	5:30am-7:30am			4.00pm-6.00pm	6:00am-7:30am		5.30am-7:30am	4:00pm-6:00pm		
		NAC (LC)	NAC (LC)	NAC (SC)			NAC (LC)	NAC (SC)		NAC (LC)	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		5:30am-7:00am				5:30am-7:00am		5:30am-7:00am			
		NAC (LC)		NAC (SC)				NAC (SC)		NAC (LC)			
	COACH	JW		JW				JW		JW			
Young							4:00pm-5:00pm		4.00pm-6.00pm				
	SWIM						NAC (LC)		NAC (SC)				
	COACH						SL SL		SL+JL				
	CONCIL						52		02.72				
Panda	SWIM	6.00am-7.30am			4.30pm-6.00pm	6.00am-7.30am			5.30pm-7.00pm		4.00pm-5.30pm	7.30am-9.00am	
		TAKA (33)			AUTM (SC)	TAKA (33)			TAKA (33)		NAC (SC)	AUTM (LC)	
	DRYLAND	TAKA (55)			4:00pm-4:30pm	1AIA (33)			5.00pm-5.30pm		NAC (SC)	6.20am-7.20am	
	COACH	MW			MW + BH	MW			JW		DP + JW	MW + CC + JZ	
	COACII	10100			IVIVV + DH	IVIVV			744		DF + JW	IVIVV + CC + JZ	
			5:30pm-7:00pm (1)	6.00am-7.30am (1)	4.30pm-6.00pm (2)		5.30pm-7.00pm (All)	6.00am-7.30am (2)			5.30pm-7.00pm (ALL)	7.30am-9.00am (ALL)	
Yogi	SWIM		TAKA (33)	TAKA (33)	4.30pm-6.00pm (2) AUTM (SC)		TAKA (33)	TAKA (33)			TAKA (33)	AUTM (LC)	
		<u> </u>	5:00pm-5:30pm	TAKA (55)			TAKA (55)	TANA (55)					
					4:00pm-4:30pm		2000.00				5.00pm-5.30pm	6.20am-7.20am	
	COACH		сс	MW	MW + BH		MW + CC	MW			BH + SO	MW + CC + JZ	
		-	4:00nm F:20 /*\		4.30nm 6.00 /A:::				4 30nm 6 00 /A::)		4.00nm F.30 /2)	7.30am 0.00 (ALL)	
Baloo	SWIM	<u> </u>	4:00pm-5:30pm (1)		4.30pm-6.00pm (ALL)		 		4.30pm-6.00pm (ALL)		4.00pm-5.30pm (2)	7.30am-9.00am (ALL)	
	200// 44/2		AUTM (SC)		AUTM (SC)		-		AUTM (SC)		AUTM (SC)	AITM (LC)	
	DRYLAND	1			4.15pm-4.30pm		<u> </u>		4.15pm-4.30pm			7.00am-7.30am	
	COACH		JW		JW				MW + CCL		NC + RM	JW	
Paddington	SWIM												
					5.00pm-6.00pm				5.00pm-6.00pm		.	7.30am-9.00am	
					AUTM (SC)				AUTM (SC)			AUTM (LC)	
	DRYLAND	ļ			4.45pm-5.00pm				4.45pm-5.00pm		ļ	7.00am-7.30am	
	COACH				EH + JZ				CC + EH + JZ			?	
Teddy	SWIM				4.00pm-5.00pm				4.00pm-5.00pm				
					AUTM (SC)				AUTM (SC)				
Teddy													
Teddy	DRYLAND				3.45pm-4.00pm				3.45pm-4.00pm				

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

MPS ON IN HASTINGS—
Grizzly, Polar, Polar and Swimfit
Brown & Black training at NAC
all train together No Gym - Grizzly
at NAC 4pm-6pm

No dryland - Black No AD - Brown Black and Swimfit training at NAC No Gym - Grizzly No AD - Polar No AD - Black