SQUAD TRAINING SCHEDULES 25/3/24 - 30/3/24

	TH	Mon 25th		Tuos 26th		Wed 27th		Thu 30th		Fri 29th		l 6-+	20+6
NORTH SHORE SWIMMING		Mon 25th March		Tues 26th March		March		Thu 28th March		Fri 29th March		Sat 30th March	
		am		am			r	am	1		1		
00010		am 5:30am-7:30am	pm 6:00pm-8:00pm	am 6.00am-7.30am	pm	am 5.30am-7.00am	pm 4.00pm-6.00pm	5.30am-7.30am	pm 4.00pm-6.00pm	am	pm	am 8.00am-10.00am	pm
Grizzly	SWIM	NAC (LC)	NAC (LC)	NAC (SC)		NAC (LC)	NAC (LC)	NAC (SC)	NAC (SC)			NAC (SC)	
	DRYLAND	10.10 (20)	1010 (20)	8.00am GYM		1010 (20)	10/10 (20)	8.00am GYM	1010 (50)			NO GYM	
	COACH	GH + MG + DP	GH + MG	GH + MG		GH + MG + DP	GH + DP	GH	GH + MG + DP			GH + MG + DP	
	COACH						-	-					
	SWIM	5:30am-7:30am	6:00pm-8:00pm	6.00am-7.30am		5.30am-7.00am	4.00pm-6.00pm	5.30am-7.30am	4.00pm-6.00pm			8.00am-10.00am	
		NAC (LC)	NAC (LC)	NAC (SC)		NAC (LC)	NAC (LC)	AUTM (SC)	NAC (SC)			NAC (SC)	
Polar	DRYLAND		4:45pm-5:45pm	1010 (50)		7.15am AD						No AD	
	COACH	GH + MG + DP	GH + MG	GH + MG		GH + MG + DP	GH + DP	MG	GH + MG + DP			GH + MG + DP	
Black	SWIM	5:30am-7:30am	4:00pm-6:00pm	5.30am-7.30am			6.00pm-8.00pm	5.30am-7.30am				8.00am-10.00am	
		NAC (LC)	NAC (LC)	NAC (SC)			NAC (LC)	NAC (SC)				NAC (SC)	
	DRYLAND			. ,			4.50pm-5.50pm					No AD	
	COACH	RS	RS + DP	RS			RS + JW	RS				RS	
Brown	SWIM	6:00am-7:30am	4:00pm-6:00pm	5:30am-7:30am			6:00pm-8:00pm	6:00am-7:30am					
		AUTM (SC)	NAC (LC)	AUTM (SC)			NAC (LC)	NAC (SC)					
	DRYLAND	5:20am-5:50am					4.50pm AD	5:20am-5:50am					
	COACH	WL	RS + DP	JW + DP			RS + JW	JW					
SwimFit	CIMINA	5:30am-7:00am		5:30am-7:00am				5:30am-7:00am					
	SWIM	AUTM (SC)		AUTM (SC)				AUTM (SC)					
	COACH	WL		DP				MG					
Young	SWIM						4:00pm-5:00pm		4.00pm-6.00pm				
	SWIN						NAC (LC)		NAC (SC)				
	COACH						SL		SL + JL				
Panda	-												
	SWIM	6:00am-7:30am			4.30pm-6.00pm	6.00am-7.30am			5.30pm-7.00pm			NO TRAINING	
		TAKA (33)			AUTM (SC)	TAKA (33)			TAKA (33)			EASTER	
	DRYLAND				4.00pm-4.30pm				5.00pm-5.30pm				
	COACH	MW			MW + BH + SO	MW			RS				
Yogi	SWIM		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)				NO TRAINING	
			TAKA (33)	TAKA (33)	AUTM (SC)		TAKA (33)	TAKA (33)				EASTER	
	DRYLAND		5:00pm-5:30pm		4.00pm-4.30pm								
	COACH		CC	MW	MW + BH + SO		MW + CC	MW					
	-		4.00		4.20				4.20				
Baloo	SWIM		4:00pm-5:30pm (1)		4.30pm-6.00pm (ALL)				4.30pm-6.00pm (ALL)			NO TRAINING	
	DBVIAND		AUTM (SC)		AUTM (SC) 4.15pm-4.30pm				AUTM (SC)			EASTER	
	DRYLAND		1147						4.15pm-4.30pm				
	COACH		WL		JW + CCL				MW + JW + CCL				
Paddington					5.00pm-6.00pm				5.00pm-6.00pm			NO TRAINING	
	SWIM				AUTM (SC)				AUTM (SC)			EASTER	
	DRYLAND				4.45pm-5.00pm				4.45pm-5.00pm			EASTER	
	COACH				4.45pm-5.00pm				4.45pm-5.00pm				
	COACH												
Teddy					4.00pm-5.00pm				4.00pm-5.00pm				
	SWIM				AUTM (SC)				AUTM (SC)				
					. ,								
Teddy	DRYLAND				3.45pm-4.00pm				3.45pm-4.00pm				

Change of start time Grizzly and Polar in AM -----Good Friday Pool Closed------Easter Saturday------

- Change of start time
- Grizzly and Polar

and Black in AM

No Junior Squads