


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

		Mon 25th											
		March		March		March		March		March		March	
		am	pm	am	pm	am	pm	am	pm	am	pm	am	pm
Grizzly	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	
	DRYLAND	NAC (LC)	NAC (LC)	NAC (SC)		NAC (LC)	NAC (LC)	NAC (SC)	NAC (SC)			NAC (SC)	
	COACH	GH + MG + DP	GH + MG	GH + MG		GH + MG + DP	GH + DP	GH	GH + MG + DP			GH + MG + DP	
Polar	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	
	DRYLAND	NAC (LC)	NAC (LC)	NAC (SC)		NAC (LC)	NAC (LC)	AUTM (SC)	NAC (SC)			NAC (SC)	
	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	
	DRYLAND	NAC (LC)	NAC (LC)	NAC (SC)			NAC (LC)	NAC (SC)				NAC (SC)	
	COACH	RS	RS + DP	RS			4.50pm-5.50pm	RS				RS	
Brown	SWIM	6:00am-7:30am	4:00pm-6:00pm	5:30am-7:30am			6:00pm-8:00pm	6:00am-7:30am					
	DRYLAND	AUTM (SC)	NAC (LC)	AUTM (SC)			NAC (LC)	NAC (SC)					
	COACH	JW	RS + DP	JW + DP			4.50pm AD	RS + JW	JW				
SwimFit	SWIM	5:30am-7:00am		5:30am-7:00am				5:30am-7:00am					
	DRYLAND	AUTM (SC)		AUTM (SC)				AUTM (SC)					
	COACH	JW		DP				MG					
Young	SWIM						4:00pm-5:00pm		4:00pm-6:00pm				
	DRYLAND						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	
	DRYLAND	TAKA (33)			AUTM (SC)	TAKA (33)			TAKA (33)			EASTER	
	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	
	DRYLAND		TAKA (33)	TAKA (33)	AUTM (SC)		TAKA (33)	TAKA (33)				EASTER	
	COACH		5:00pm-5:30pm		4.00pm-4.30pm								
Baloo	SWIM		4:00pm-5:30pm (1)		4.30pm-6.00pm (ALL)				4.30pm-6.00pm (ALL)			NO TRAINING	
	DRYLAND		AUTM (SC)		AUTM (SC)				AUTM (SC)			EASTER	
	COACH		JW		JW + CCL				MW + JW + CCL				
Paddington	SWIM				5.00pm-6.00pm				5.00pm-6.00pm			NO TRAINING	
	DRYLAND				AUTM (SC)				AUTM (SC)			EASTER	
	COACH				4.45pm-5.00pm				4.45pm-5.00pm				
Teddy	SWIM				4.00pm-5.00pm				4.00pm-5.00pm				
	DRYLAND				AUTM (SC)				AUTM (SC)				
	COACH				3.45pm-4.00pm				3.45pm-4.00pm				
					NC + RM + EH				CC + EH				

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