

TERM THREE TRAINING TIMES

MONDAY:

7:30pm - 8:30pm - Swim Session

7:30pm - 9:00pm - U16 Boys

8:30pm - 9:30pm - Seniors

TUESDAY:

7:15pm - 8:45pm - U16 Girls

7:15pm - 9:15pm - U21 Womens

WEDNESDAY:

7:00am - 8:00am - U14 Morning Session*

7:30pm - 8:30pm - Swim Session

THURSDAY:

7:00am - 8:00am U16 Morning Session*

3:45pm - 4:45pm - U12

4:45pm - 6:15pm - U14

6:15pm - 7:45pm - U16 Girls

* **Morning Sessions - (U14 & U16 ONLY) :**
Odd-numbered weeks - Girls training
Even-numbered weeks - Boys training

SUNDAY:

2:15pm - 3:15pm - Skills Session

3:15pm - 4:15pm - U12

4:15pm - 5:30pm - U14

5:30pm - 7:00pm - U16 Boys

6:00pm - 8:30pm - Seniors

ALL AGES OPEN
SWIM SESSIONS
MON - 7:30-8:30pm
WED - 7:30-8:30pm

