Please note that Dryland training will be incorporated into any of the session times at the discretion and under instruction of the coach – so please come prepared to all sessions!

PLATINUM

Monday				Tuesday				Wednesday				Thursday				Friday				Saturday	
am		pm		am		pm		am		pm		am		pm		am		pm		am	
Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
6:00 a.m.	7:30 a.m.	4:30 p.m.	6:30 p.m.	6:00 a.m.	7:30 a.m.	4:30 p.m.	6:30 p.m.			4:30 p.m.	6:30 p.m.	6:00 a.m.	7:30 a.m.	4:30 p.m.	6:30 p.m.	6:00 a.m.	7:30 a.m.	4:30 p.m.	6:30 p.m.	7:00 a.m.	9:00 a.m.

GOLD Senior

Monday				Tuesday				Wednesday				Thursday				Friday				Saturday	
am		pm		am		pm		am		pm		am		pm		am		pm		am	
Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
6:00 a.m.	7:30 a.m.	6:30 p.m.	7:30 p.m.	6:00 a.m.	7:30 a.m.	4:30 p.m.	6:30 p.m.					6:00 a.m.	7:30 a.m.	6:30 p.m.	7:30 p.m.	6:00 a.m.	7:30 a.m.			7:00 a.m.	9:00 a.m.

GOLD Junior

Monday				Tuesday				Wednesday				Thursday				Friday				Saturday	
am		pm		am		pm		am		pm		am		pm		am		pm		am	
Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
6:00 a.m.	7:30 a.m.	4:30 p.m.	6:30 p.m.	6:00 a.m.	7:30 a.m.					4:30 p.m.	6:00 p.m.	6:00 a.m.	7:30 a.m.			6:00 a.m.	7:30 a.m.	4:30 p.m.	6:30 p.m.	7:00 a.m.	9:00 a.m.

SILVER

Monday				Tuesday				Wednesday				Thursday				Friday				Saturday	
am		pm		am		pm		am		pm		am		pm		am		pm		am	
Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
						6:00 p.m.	7:30 p.m.			6.00p.m.	7:30 p.m.			6:30 p.m.	7:30 p.m.			6:00 p.m.	7:30 p.m.	7:00 a.m.	9:00 a.m.

BRONZE

Monday				Tuesday				Wednesday				Thursday				Friday				Saturday	
am		pm		am		pm		am		pm		am		pm		am		pm		am	
Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
						6:00 p.m.	7:30 p.m.			6:30 p.m.	7:30 p.m.							6:00 p.m.	7:30 p.m.		

COPPER

Monday				Tuesday				Wednesday				Thursday				Friday				Saturday	
am		pm		am		pm		am		pm		am		pm		am		pm		am	
Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
		6:30 p.m.	7:30 p.m.											7:15 p.m.	8:15 p.m.						

CLUB - Tawa Pool

Monday				Tuesday				Wednesday				Thursday				Friday				Saturday	
am		pm		am		pm		am		pm		am		pm		am		pm		am	
Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
		3:30 p.m.	4:30 p.m.											3:30 p.m.	4:30 p.m.						
		6:15 p.m.	7:15 p.m.											6:15 p.m.	7:15 p.m.						

CLUB - Keith Spry Pool

Monday				Tuesday				Wednesday				Thursday				Friday				Saturday	
am		pm		am		pm		am		pm		am		pm		am		pm		am	
Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
										6:00 p.m.	7:00 p.m.										

COLLEGE Swimfit

Monday				Tuesday				Wednesday				Thursday				Friday				Saturday	
am		pm		am		pm		am		pm		am		pm		am		pm		am	
Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
		7:30 p.m.	8:30 p.m.							7:30 p.m.	8:30 p.m.			7:30 p.m.	8:30 p.m.						