

Squad Training Times	Monday		Tuesday		Wednesday		Thurs	Friday			Sunday			Hours	Land
	PM		PM		AM	PM		AM	PM		AM	PM			
	7 to 8	8 to 9	7 to 8	8 to 9	6-7:30	7:30 to 9		6-7.30	7 to 8	8 to 9.30	7 to 8:30	4 to 5	5 to 6	Pool	
Lanes available	8	8	8	8	2	8		2	4	3	2	8	8		
	1hr	1hr	1hr	1hr	1.5hr	1.5hr		1.5hr	1hr	1.5hr	1.5hr	1hr	1hr		
Club Stage 1														1	
Club Stage 2														2	
Club Stage 3														5.5	
Development														7	
Junior Performance														7.5	
Performance-Development														10.5	0.75
Performance														11.5	0.75

Club 3 - A grp (1/2)

Club 3 - B grp (1/2)