



## ADULT SWIMMING SQUADS & SESSIONS

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>TRI SQUAD</b>	5.45am-7.00am		5.45am-7.00am		5.45am-7.00am	7.45am-9.00am
	7.00am-8.15am		7.00am-8.15am		7.00am-8.15am	
<b>FITNESS SQUAD</b>	9.00am-10.00am		9.00am-10.00am		9.00am-10.00am	
<b>MASTERS OF 4</b>				6.30am-7.30am		
<b>TECHNIQUE</b>	10.00am-11.00am				10.00am-11.00am	
<b>PM</b>						
<b>TRI SQUAD</b>	6:30pm-7:45pm		6:30pm-7:45pm			
<b>MASTERS OF 4</b>		6.30pm-7.30pm				
<b>TECHNIQUE</b>		6:30pm-7:30pm		6:30pm – 7:30pm		
<b>ADULT LTS</b>	5.45pm-6.30pm		5.45pm -6.30pm			12.15pm-1.00pm

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