



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Teen Swim Fit		6.30 – 7.30 PM	6.00 to 7.00 AM	6.00 – 7.00 PM	6.30 – 7.30 PM	7.00 – 8.00 AM (No Coach – Board sessions)	
Swim Fit	5.00 - 6.00 AM	5.00 - 6.00 AM	5.00 - 6.00 AM	5.00 - 6.00 AM	5.00 - 6.00 AM	7.00 – 8.00 AM (No Coach – Board sessions)	
Mini Squad	7.00 – 8.00 AM 5.00 – 6.00 PM	7.00 – 8.00 AM	7.00 – 8.00 AM 5.00 – 6.00 PM	7.00 – 8.00 AM 5.00 – 6.00 PM	7.00 – 8.00 AM	3.00 to 4.00 PM	
Bronze Squad	5.30 – 7.00 AM 5.45 – 7.15 PM	5.30 – 7.00 AM 4.45 – 6.15 PM	5.45 – 7.15 PM	5.30 – 7.00 AM	5.30 – 7.00 AM 4.45 – 6.15 PM		
Silver Squad	5.15 – 7.15 AM 5.45 – 7.45 PM	5.15 – 7.15 AM 4.45 – 6.45 PM	5.45 – 7.30 PM	5.30 – 7.15 AM	5.15 – 7.15 AM 4.45 – 6.45 PM	5.15 – 7.00 AM (Lane Cove AC)	