

OPS/NPS Squad August 2018

| Date | Day | AM | PM | Swim Meets and Information sessions |
|------|-------|---------------------------------|--|--------------------------------------|
| Aug | | | | |
| 1 | WED | 4:45 - 7:00 (N) | 4:00 - 6.30pm (P) 4:00 - 4:45 Gym | |
| 2 | THURS | off | 4:00/4:30 - 7:00 (N) OPS 4:00 - 5:30 / NPS 4:30 - 5:30 Gym | |
| 3 | FRI | 4:45 - 7:00 (N) | silver & gold session 4 to 6pm(N) | |
| 4 | SAT | 6:30 - 9:00 (N) 6:30 - 7:30 Gym | off | |
| 5 | SUN | off | off | |
| 6 | MON | 4:45 - 7:00 (N) | 4:00 - 6.30pm (P) 4:00 - 4:45 Gym | |
| 7 | TUES | off | 4:00/4:30 - 7:00 (N) OPS 4:00 - 5:30 / NPS 4:30 - 5:30 Gym | |
| 8 | WED | 4:45 - 7:00 (N) | 4:00 - 6.30pm (P) 4:00 - 4:45 Gym | |
| 9 | THURS | off | 4:00/4:30 - 7:00 (N) OPS 4:00 - 5:30 / NPS 4:30 - 5:30 Gym | |
| 10 | FRI | 4:45 - 7:00 (N) | silver & gold session 4 to 6pm(N) | |
| 11 | SAT | 6:30 - 9:00 (N) 6:30 - 7:30 Gym | off | Narrabeen Carlile Presentation Night |
| 12 | SUN | off | off | |
| 13 | MON | 4:45 - 7:00 (N) | 4:00 - 6.30pm (P) 4:00 - 4:45 Gym | |
| 14 | TUES | off | 4:00/4:30 - 7:00 (N) OPS 4:00 - 5:30 / NPS 4:30 - 5:30 Gym | |
| 15 | WED | 4:45 - 7:00 (N) | 4:00 - 6.30pm (P) 4:00 - 4:45 Gym | |
| 16 | THURS | off | 4:00/4:30 - 7:00 (N) OPS 4:00 - 5:30 / NPS 4:30 - 5:30 Gym | |
| 17 | FRI | 4:45 - 7:00 (N) | silver & gold session 4 to 6pm(N) | |
| 18 | SAT | 6:30 - 9:00 (N) 6:30 - 7:30 Gym | off | |
| 19 | SUN | off | off | |
| 20 | MON | 4:45 - 7:00 (N) | 4:00 - 6.30pm (P) 4:00 - 4:45 Gym | |
| 21 | TUES | off | 4:00/4:30 - 7:00 (N) OPS 4:00 - 5:30 / NPS 4:30 - 5:30 Gym | |
| 22 | WED | 4:45 - 7:00 (N) | 4:00 - 6.30pm (P) 4:00 - 4:45 Gym | |
| 23 | THURS | off | 4:00/4:30 - 7:00 (N) OPS 4:00 - 5:30 / NPS 4:30 - 5:30 Gym | |
| 24 | FRI | 4:45 - 7:00 (N) | off | SNSW 13/O SC State Champs |
| 25 | SAT | off | off | SNSW 13/O SC State Champs |
| 26 | SUN | off | off | SNSW 13/O SC State Champs |
| 27 | MON | 4:45 - 7:00 (N) | 4:00 - 6.30pm (P) 4:00 - 4:45 Gym | |
| 28 | TUES | off | 4:00/4:30 - 7:00 (N) OPS 4:00 - 5:30 / NPS 4:30 - 5:30 Gym | |
| 29 | WED | 4:45 - 7:00 (N) | 4:00 - 6.30pm (P) 4:00 - 4:45 Gym | |
| 30 | THURS | off | 4:00/4:30 - 7:00 (N) OPS 4:00 - 5:30 / NPS 4:30 - 5:30 Gym | |
| 31 | FRI | 4:45 - 7:00 (N) | silver & gold session 4 to 6pm(N) | |
| 1 | SAT | 6:30 - 9:00 (N) 6:30 - 7:30 Gym | off | |
| 2 | SUN | off | off | |