

PROGRAM TIMETABLE

NARRABEEN

Senior Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:30-7:30am*	Off	5:00-7:00am	5:00-7:00am	5:30-7:30am*	6:30-9:00am^
PM	4:00-7:15pm^	5:30-7:15pm	Off	4:00-7:15pm^	Optional	Off

Intermediate Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Off	5:00-7:00am	Off	5:00-7:00am	Off	5:45-7:30
PM	4:00-5:30pm	4:00-5:30pm	5:30-7:00pm	Off	5:30-7:15pm	Off

Junior Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Off	5:30-7:00am	Off	Off	Off	5:45-7:30am
PM	4-5:30pm	Off	4-5:30pm	4:00-5:30pm	4-5:30pm	Off

Performance Transition Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		Off	6:00-7:30#	Off	Off	6:30-8:00#
PM	Off	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	4-5:30pm	Off

*Manly Aquatic Centre

^Gym & Swim

#Killarney Heights