

# PROGRAM TIMETABLE

## NARRABEEN

### Senior Squad

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

### Intermediate Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM</b>	Off	5:00-7:00am	Off	5:00-7:00am	Off	6-7:30am
<b>PM</b>	5:30-7:30pm	Off	4:00-6:00pm	5:30-7:30pm	5:30-7:30pm	Off

### Junior Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM</b>	5:30-7:00am	5:30-7:00am	Off	Off	Off	6-7:30am
<b>PM</b>	4-5:30pm	4-5:30pm	6-7:30pm	4:00-5:30pm	4-5:30pm	Off

### Performance Transition Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM</b>	Off	Off	6:00-7:30#	Off	Off	6:30-8:00am#
<b>PM</b>	5:45-7:15pm#	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	4-5:30pm	Off

\*Manly Aquatic Centre ^Gym & Swim #Killarney Heights

\*The training times indicated are pool training times only, please arrive 15min prior to the start of training for a dryland warmup

Please Note - Additional PTS Sessions at Killarney Heights Tues 5:45-7:15pm and Fri 5:30-7pm