



Narrabeen Squad Swimming Timetable

Effective 1 November 2019

(Revision 1.02)

Issue date 24/10/2019

Senior Squad						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	4:45-7:00	Off	4:45-7:00	Off	4:45-7:00	7:15-9:00
PM	5:15-7:30	5:15-7:30	5:15-7:30	5:15-7:30	Off	Off

Junior Squad						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Off	5:15-7:00	Off	5:15-7:00	Off	5:45-7:30
PM	3:45-5:30	3:45-5:30	3:45-5:30	3:45-5:30	3:45-5:30	Off