

**Training Time Table - 2017 -2018 Swimming Year as at Monday 31st July 2017**



		<b>CONDITIONING PROGRAM</b>			<b>AQUATIC PROGRAM</b>					
		<b>LAND (All Ages)</b>	<b>BOOT CAMP (12 &amp; Over)</b>	<b>AEROBIC RUN SQUAD (10 &amp; Over)</b>	<b>CUB (7 - 9 Years Old)</b>	<b>NIPPER (8 &amp; 9 Years Old)</b>	<b>JUNIOR (10 &amp; 11 Years Old)</b>	<b>AGE YOUTH OPEN (13 Years &amp; Over)</b>		
<b>MON</b>	AM						5:00 - 6:45 SC	5:00 - 6:45 SC	<b>MON</b>	AM
<b>TUES</b>	AM						5:00 - 6:45 SC	5:00 - 6:45 SC	<b>TUES</b>	AM
	PM	4:00 - 4:30				4:30 - 6:00 SH	4:30 - 6:00 SH	4:30 - 6:00 SH		PM
<b>WED</b>	AM						5:00 - 6:45 SC	5:00 - 6:45 SC	<b>WED</b>	AM
	PM	4:00 - 4:30				4:30 - 6:00 SH	4:30 - 6:00 SH	4:30 - 6:00 SH		PM
<b>THU</b>	AM						5:00 - 6:45 SC	5:00 - 6:45 SC	<b>THU</b>	AM
	PM	4:00 - 4:30				4:30 - 6:00 SH	4:30 - 6:00 SH	4:30 - 6:00 SH		PM
<b>FRI</b>	AM						5:00 - 6:45 SC	5:00 - 6:45 SC	<b>FRI</b>	AM
<b>SAT</b>	AM		8:00 - 9:00 SH			6:00 - 8:00 SH	6:00 - 8:00 SH	6:00 - 8:00 SH	<b>SAT</b>	AM
<b>SUN</b>	PM				5:00- 6:00 ST	5:00 - 6:00 ST	5:00 - 6:00 ST	6:00 - 7:00 ST	<b>SUN</b>	PM

**DROP OFF - 10MIN BEFORE INDICATED TIME** SH = Sacred Heart  
**PICK UP - 10MIN AFTER INDICATED TIME** ST = Swimtastic  
 SC = St Cuthberts