

SQUAD TIMETABLE - 2011

		NATIONAL Min 7 Sessions & Upto 10 Sessions Per Week	DEVELOPMENT Min 4 Sessions & Only Upto 6 Sessions	INTERMEDIATE Min 3 Sessions & Only Upto 5 Sessions	PREP Upto 4 Sessions	TECH Upto 3 Sessions	MASTERS
MONDAY	AM	5.30 - 7.30am					
	PM	5.10 - 7.00pm	5.30 - 7.00pm	4.10 - 5.30pm	4.10 - 5.10pm	3.30-4.10pm 3.30-4.10pm 4.10-4.50pm 4.50-5.30pm 5.30-6.30pm 6.30-7.30pm	7.00-8.00pm
TUESDAY	AM	5.30 - 7.30am					6.30-8.00am
	PM	5.00 - 6.30pm	4.00 - 5.30pm	5.30 - 7.00pm	4.00 - 5.00pm	3.30-4.30pm 4.30-5.30pm 5.30-6.10pm 6.10-6.50pm 6.50-7.30pm	
WEDNESDAY	AM	5.30 - 7.30am					
	PM		3.30 - 5.00pm	5.10 - 6.30pm	5.15 - 6.15pm	3.30-4.10pm 4.10-5.10pm 3.30-4.10pm 4.10-5.10pm 5.10-5.50pm 5.50-6.30pm	6.30-7.30pm
THURSDAY	AM	5.30 - 7.30am					6.30-8.00am
	PM	5.00 - 7.00pm	5.30 - 7.00pm	4.00 - 5.30pm	4.00 - 5.00pm	3.30-4.30pm 4.30-5.30pm 5.30-6.10pm 6.10-6.50pm	
FRIDAY	AM	5.30 - 7.30am					
	PM	4.00 - 5.30pm	4.10 - 5.30pm	5.30 - 7.00pm	5.30 - 6.30pm	3.30-4.10pm 3.30-4.10pm 4.10-4.50pm 4.50-5.50pm 5.50-6.30pm	
SATURDAY	AM	7.00 - 9.00am	7.00 - 9.00am	9.00 - 10.30am		11.30-12.30	

Please Note: The weights room is not included in the coaching fees – this is complimentary to National Squad swimmers only.

All queries relating to this timetable are to be directed to the Head Coach on headcoach@wharenui.co.nz