

SWIMMING - Training Times

SQUAD	COACH	DAY	MORNING	AFTERNOON	VENUE
SENIORS	Lyn Shone	Monday	N.A.	17:30 - 19:30	Cambridge Primary School
		Tuesday	04:55 - 06:15	17:30 - 19:30	
		Wednesday	N.A.	17:30 - 19:30	
		Thursday	04:55 - 06:15	17:30 - 19:30	
		Friday	04:55 - 06:15	17:00 - 18:30	
		Saturday	N.A.	11:00 - 13:00	
INTERMEDIATES	Lyn Shone	Monday	N.A.	16:00 - 17:30	Cambridge Primary School
		Tuesday	04:55 - 06:15	16:15 - 17:30	
		Wednesday	N.A.	16:30 - 17:30	
		Thursday	04:55 - 06:15	16:15 - 17:30	
		Friday	04:55 - 06:15	17:00 - 18:30	
		Saturday	N.A.	11:00 - 13:00	
JUNIORS	Nathan Johannisen	Tuesday	N.A.	16:30 - 17:30	Cambridge Primary School
		Thursday	N.A.	16:30 - 17:30	
		Friday	N.A.	16:00 - 17:00	
		Saturday	N.A.	08:30 - 09:30	
LEARN TO TRAIN	Nathan Johannisen	Tuesday	N.A.	15:30 - 16:30	Cambridge Primary School
		Thursday	N.A.	15:30 - 16:30	
		Friday	N.A.	16:00 - 17:00	
		Saturday	N.A.	08:30 - 09:30	
	Wendy Buitendag	Monday	N.A.	16:35 - 17:30	Cambridge Primary School
		Wednesday	N.A.	16:35 - 17:30	
		Friday	N.A.	15:00 - 16:00	
	STROKE CORRECTION	Tammy Lowe	Tuesday	N.A.	15:15 - 16:15
Wednesday			N.A.	15:45 - 16:40	
Friday			N.A.	15:00 - 16:00	
STEP UP GROUP	Roland Hoole	Monday	N.A.	15:45 - 16:30	Cambridge Primary School
		Wednesday	N.A.	15:45 - 16:30	
LEARN TO SWIM	Nita Scott (1)	Monday	N.A.	15:00 - 15:45	Cambridge Primary School
		Thursday	N.A.	14:45 - 15:30	
	Nita Scott (2)	Wednesday	N.A.	15:00 - 15:45	Cambridge Primary School
		Thursday	N.A.	15:30 - 16:15	