

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Club swimming sessions							
Cannons Creek	6:00-6:45pm 6:45-7:30pm 7:30-8:30pm				6:00-6:45pm 6:45-7:30pm 7:30-8:30pm		8:00-9:00am
Junior Squads							
Tadpoles Cannons Creek					6:00-6:45pm		
Seals Cannons Creek			6:00-7:00pm		6:45-7:30pm		
Swordfish Cannons Creek		4:30-5:30pm	5.30-6pm (DL) 6:00-7:00pm		5:00-6:00pm		
Sharks Cannons Creek	5:00-6:00pm		5.30-6pm (DL) 6:00-7:00pm	5:00-6:00pm at Te Rauparaha Arena			
Orcas Squad Cannons Creek	5.30-6pm (DL) 6:00-7:30pm	5:30-7:00pm	5:30-7:00pm	6:00-7:30pm at Te Rauparaha Arena			
Senior Squad**							
Te Rauparaha Arena	5:30-7:15am 4:45-7:00pm	4:45-7:00pm (Limited spaces)	5:30-7:15am 4:45-7:00pm		5:30-7:15am 4:45-7:00pm		
Cannons Creek				4:15-5:00pm (DL) 5:00-7:00pm			

DL = Dryland training

** Seniors have 15 minutes dryland training before each pool session at Te Rauparaha Arena

Seniors Limited spaces = Only open to those 15yrs and older or those who qualified for NAGS or NZSC the previous year