

# SQUAD TRAINING TIME SCHEDULE SEASON 2009/2010

AUG 18th 2009- OCT 14th 2009

MONDAY	
Pre Squad	HS 3:15-4:00pm
Mini Squad	HS 3:00-4:15pm
Junior Squad	HS 3:00-4:15pm      EP 4:20-5:50pm
Intermediate	HS 4:00-5:50pm
Development	HS 4:00-6:00pm

TUESDAY	
Mini Squad	HS 3:00-4:15pm
Junior Squad	HS 3:00-4:15pm      EP 4:20-5:50pm
Intermediate	HS 3:15-4:15pm      HS 4:00-5:50pm
Development	HS 4:00-6:00pm

WEDNESDAY	
Pre Squad	EP 3:15-4:00pm
Mini Squad	EP 3:00-4:15pm      EP 4:30-5:45pm
Junior Squad	EP 3:00-4:15pm      EP 4:20-5:50pm
Intermediate	HS 4:00-5:50pm
Development	HS 4:00-6:00pm

THURSDAY	
Mini Squad	HS 3:00-4:15pm
Junior Squad	HS 3:00-4:15pm      EP 4:20-5:50pm
Intermediate	HS 3:15-4:15pm      HS 4:00-5:50pm
Development	HS 4:00-6:00pm

FRIDAY	
Pre Squad	HS 3:15-4:00pm
Mini Squad	HS 3:00-4:15pm      HS 4:30-5:45pm
Junior Squad	HS 3:00-4:15pm      HS 4:20-5:50pm
Intermediate	HS 4:00-5:50pm
Development	HS 4:00-6:00pm

SATURDAY	
Jnr-Dev	Venue/Timing/Schedule announced in weekly updates

HS    HIGH SCHOOL POOL  
 EP    ELEMENTARY POOL