

NATIONALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.15am-7.15am @KF	5.15am-7.15am @KF	5.00am-6.30am Pool 6.30am-7.00am Land @NM		5.15am-7.15am @KF	2 Hours Pool @ CP & 1 Hour Land	
5.30pm-7.30pm @WH		5.00pm-6.00pm Gym 6.00pm-7.30pm Pool @KF	5.00pm-6.00pm Land 6.00pm-7.30pm Pool @KF			

SENIOR PERFORMANCE

	5.00am-6.30am Pool 6.30am-7.00am Land @NM	5.00am-6.30am Pool 6.30am-7.00am Land @NM		5.15am-7.15am @KF	6.00am-8.00am Pool 8.15am-9.00am Land @KF	6.00am-8.00am @HAMPTON
	5.30pm-7.30pm @WH		5.15pm-7.15pm @WH	5.00pm-5.45pm Land 6.00pm-7.30pm Pool @KF		

AGE GROUP PERFORMANCE

	5.00am-6.30am Pool 6.30am-7.00am Land @NM			5.00am-6.30am Pool 6.30am-7.00am Land @NM	8.00am-10.00am Pool @WH	6.00am-8.00am @HAMPTON
5.30pm-7.30pm @WH		5.00pm-6.00pm Land 6.00pm-7.30pm Pool @KF				

AGE GROUP DEVELOPMENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			5.45am-7.15am @KF		6.00a.m-7.00am @KF	
	7.30pm-9.00 pm @KF			5.30pm-7.00pm @WH		6.30pm-7.15pm Land 7.30pm-9.00pm Pool @NM

JUNIOR PERFORMANCE

			5.45am-7.15am @KF		8.00am-10.00am Pool @WH	
	7.30pm-9.00 pm @KF			7.00pm-8.30pm @WH		6.30pm-7.15pm Land 7.30pm-9.00pm Pool @NM

JUNIORS

						7.00a.m-8.00am @KF
	7.00pm-8.30 pm @HURST	7.30pm-8.30 pm @KF		6.45pm-7.30pm Land 7.45pm-9.00pm Pool @NM		

YOUTH FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						6.00am-8.00am @HAMPTON
			7.30pm-9.00 pm @KF	7.30pm-9.00 pm @KF		

JUNIOR FITNESS

					8.00a.m-9.30am @KF	
			5.45pm-7.15pm @WH			

ACADEMY 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						8.00am-9.30am @KF
	7.00pm-8.00pm @NM			6.45pm-7.45pm @NM		

ACADEMY 3

						8.00am-9.00am @KF
	6.00pm-7.00pm @NM					

ACADEMY 2

						8.30am-9.30am @NM

ACADEMY 1

						8.00am-9.00am @KF

MASTERS						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						6.00am-8.00am @HAMPTON
	9.00pm-10.00 pm @KF	8.30pm-10.00 pm @KF	9.00pm-10.15 pm @KF	9.00pm-10.00 pm @NM		
SWIMFIT						
	9.00pm-10.00 pm @KF			9.00pm-10.00 pm @NM		
MEN'S WATER POLO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						6.00am-8.00am @HAMPTON (Swim Only)
			9.00pm-10.00 pm @NM (Swim & Skills)			
JUNIOR WATER POLO						
					10.00am-11.00am @WH (Swim & Skills)	
			7.15pm-8.15 pm @NM (Swim & Skills)			