

**Week leading into NZ Short Course**

SENIORS			
24-Sep	Mon	AM	5:30-7:00 am
		PM	6:00 - 7:30 pm
No DRYLAND			
25-Sep	Tu	AM	5:30-7:00 am
		PM	6:15-7:45 pm
SELF STRETCHING			
26-Sep	Wed	AM	
		PM	5:00 - 6:30 pm
27-Sep	Thu	AM	5:30-7:00 am
		PM	6:15-7:45 pm
SELF STRETCHING			
28-Sep	Fri	AM	
		PM	5:45- 6:45 pm
SELF STRETCHING/Sauna			
29-Sep	Sat	AM	6:30- 7:30 am
		PM	

GOLD			
24-Sep	Mon	AM	OFF
		PM	6:30- 8:00 pm <b>No dryland</b>
SELF STRETCHING			
25-Sep	Tu	AM	OFF
		PM	5:30 -7:00 pm
26-Sep	Wed	AM	5:30-7:00 am
		PM	6:30- 8:00 pm <b>No dryland</b>
SELF STRETCHING			
27-Sep	Thu	AM	OFF
		PM	6:00 - 7:30 pm
28-Sep	Fri	AM	5:30-7:00 am
		PM	
29-Sep	Sat	AM	7:30- 9:00 am

**Week leading into NZ Short Course**

SILVER			
No changes - normal timetable			

BRONZE			
No changes - normal timetable			

**Week 1 of holidays**

SENIORS			
1-Oct	Mon	AM	OFF
		PM	5-6pm Millennium
2-Oct	Tu	NZ Short Course. If you are not swimming at a session you can join the Gold squad trainings	
3-Oct	Wed		
4-Oct	Thu		
5-Oct	Fri		
6-Oct	Sat		

GOLD			
1-Oct	Mon	AM	OFF
		PM	6:00 - 7:00 pm EGSS <b>No dryland</b>
2-Oct	Tu	AM	OFF
		PM	6:00-7:00 pm EGGS
3-Oct	Wed	AM	OFF
		PM	5:15 - 6:15 pm EGGS <b>No dryland</b>
4-Oct	Thu	AM	OFF
		PM	6:15 -7:15 pm EGGS
5-Oct	Fri	AM	7:00 - 8:30 AM
		PM	OFF
6-Oct	Sat	AM	OFF

**Week 1 of holidays**

SILVER			
1-Oct	Mon	AM	
		PM	4:30-6:00 pm
2-Oct	Tu	AM	
		PM	4:30-6:00 pm
No dryland			
3-Oct	Wed	AM	
		PM	3:45-5:15pm
4-Oct	Thu	AM	
		PM	4:45-6:15pm
5-Oct	Fri	AM	7:00 - 8:30 AM
		PM	OFF
6-Oct	Sat	AM	OFF

BRONZE			
1-Oct	Mon	AM	
		PM	4:30-6:00 pm
2-Oct	Tu	AM	
		PM	4:30-6:00 pm
No dryland			
3-Oct	Wed	AM	
		PM	3:45-5:15pm
4-Oct	Thu	AM	
		PM	4:45-6:15pm
5-Oct	Fri	AM	7:00 - 8:30 AM
		PM	OFF
6-Oct	Sat	AM	OFF

See following weeks on next page

See following weeks on next page

**Week 2 of holidays**

**SENIORS**

8-Oct	Mon	No training - break after NZ Short Course
9-Oct	Tu	
10-Oct	Wed	
11-Oct	Thu	
12-Oct	Fri	
13-Oct	Sat	

**GOLD**

Swimmers that attended NZ Short Course to take a

8-Oct	Mon	AM		
		PM	4:30-6:00 pm EGGs	<b>No dryland</b>
			Combine with Silver	
9-Oct	Tu	AM		
		PM	4:30-6:00 pm	
			Combine with Silver	
10-Oct	Wed	AM	7:00-8:30 am EGGs	
			Combine with Silver	<b>No dryland</b>
11-Oct	Thu	AM		
		PM	4:45- 6:00 pm	
			Combine with Silver	
12-Oct	Fri	AM	7:00-8:30 am	
			Combine with Silver	
13-Oct	Sat	AM	OFF	

**Week 2 of holidays**

**SILVER**

8-Oct	Mon	AM	
		PM	4:30-6:00 pm
9-Oct	Tu	AM	
		PM	4:30-6:00 pm
			<b>No dryland</b>
10-Oct	Wed	AM	7:00-8:30 am
		PM	OFF
11-Oct	Thu	AM	
		PM	4:45- 6:00 pm
12-Oct	Fri	AM	7:00-8:30 am
		PM	OFF
13-Oct	Sat	AM	OFF

**BRONZE**

8-Oct	Mon	AM	
		PM	4:30-6:00 pm
9-Oct	Tu	AM	
		PM	4:30-6:00 pm
			<b>No dryland</b>
10-Oct	Wed	AM	7:00-8:30 am
		PM	OFF
11-Oct	Thu	AM	
		PM	4:45- 6:00 pm
12-Oct	Fri	AM	7:00-8:30 am
		PM	OFF
13-Oct	Sat	AM	OFF

**Term 3 starts**

**SENIORS**

15-Oct	Mon	No training - break after NZ Short Course
16-Oct	Tu	
17-Oct	Wed	
18-Oct	Th	Normal timetable
19-Oct	Fr	
20-Oct	Sat	

**GOLD**

15-Oct	Mon	AM		
		PM	6:00 -7:30 pm EGGs	<b>No dryland</b>
16-Oct	Tu	AM		
		PM	5:30 -7:00 pm EGGs	
17-Oct	Wed	AM	5:30 -7:00 am EGGs	
		PM	5:00 -7:30 pm EGGs	<b>No dryland</b>
18-Oct	Th	AM		Normal timetable
		PM		
19-Oct	Fr	AM		
		PM		
20-Oct	Sat	AM		

**Term 3 starts**

**SILVER**

15-Oct	Mon	Normal timetable
16-Oct	Tu	
17-Oct	Wed	
18-Oct	Th	
19-Oct	Fr	
20-Oct	Sat	

**BRONZE**

15-Oct	Mon	Normal timetable
16-Oct	Tu	
17-Oct	Wed	
18-Oct	Th	
19-Oct	Fr	
20-Oct	Sat	