

United SC July 2018 Holiday Timetable

JUNE		SENIORS	
30-Jun	Sat	AM	normal time table
1-Jul	Sun	AM	
		PM	5-6pm Millennium



JULY		SENIORS	
2-Jul	Mon		
3-Jul	Tu		
4-Jul	Wed		
5-Jul	Th		
6-Jul	Fr		
7-Jul	Sat		

NZ Opens - Swimmers not at NZ Opens can train with Gold Squad

GOLD			
2-Jul	Mon	AM	OFF
		PM	6:00 - 7:30 EGGS dryland OFF
3-Jul	Tu	AM	OFF
		PM	5:30-7:00 EGGS
4-Jul	Wed	AM	5:30 - 7:00
		PM	5:00-6:30 EGGS dryland OFF
5-Jul	Th	AM	OFF
		PM	6:00-7:30 EGGS
6-Jul	Fr	AM	5:30 - 7:00 EGGS
		PM	OFF
7-Jul	Sat	AM	7:30- 9:00

SILVER			
2-Jul	Mon	AM	
		PM	Normal timetable
3-Jul	Tu	AM	
		PM	Normal timetable
4-Jul	Wed	AM	
		PM	Normal timetable
5-Jul	Th	AM	
		PM	Normal timetable
6-Jul	Fr	AM	
		PM	3:45-5:15, No dryland
7-Jul	Sat	AM	7:30- 9:00 EGGS

BRONZE			
2-Jul	Mon	AM	
		PM	Normal timetable
3-Jul	Tu	AM	
		PM	Normal timetable
4-Jul	Wed	AM	
		PM	Normal timetable
5-Jul	Th	AM	
		PM	Normal timetable
6-Jul	Fr	AM	
		PM	3:45-5:15, No dryland
7-Jul	Sat	AM	OFF

School Holidays - No dryland sessions over holiday period

JULY		SENIORS		WEEK 1	
9-Jul	Mon				
10-Jul	Tu				
11-Jul	Wed				
12-Jul	Th				
13-Jul	Fr				
14-Jul	Sat				

NZ Opens swimmers on break. Swimmers that did not compete at NZ Opens can train with Gold Squad

GOLD				WEEK 1	
9-Jul	Mon	AM	OFF		
		PM	6:30-8:00 NM		dryland OFF
10-Jul	Tu	AM	OFF		
		PM	6:30-8:00 NM		
11-Jul	Wed	AM	6:00 - 7:30		
		PM	5:00-6:30 EGGS		dryland OFF
12-Jul	Th	AM	6:00 - 7:30		
		PM	6:00-7:30 EGGS		
13-Jul	Fr	AM	6:00 - 7:30		
		PM	OFF		
14-Jul	Sat	AM	OFF		

SILVER				WEEK 1	
9-Jul	Mon	AM	7:30-9:00		
		PM	EGGS pool maintenance		
10-Jul	Tu	AM	EGGS pool maintenance		
		PM	EGGS pool maintenance		
11-Jul	Wed	AM	7:30- 9:00		
		PM	3:45 - 5:00		
12-Jul	Th	AM	7:30- 9:00		
		PM	4:45- 6:00		
13-Jul	Fr	AM	7:30- 9:00 EGGS		
		PM	OFF		
14-Jul	Sat	AM	OFF		

BRONZE				WEEK 1	
9-Jul	Mon	AM	7:30-9:00		
		PM	EGGS pool maintenance		
10-Jul	Tu	AM	EGGS pool maintenance		
		PM	EGGS pool maintenance		
11-Jul	Wed	AM			
		PM	3:45 - 5:00		
12-Jul	Th	AM	7:30- 9:00		
		PM	4:45- 6:00		
13-Jul	Fr	AM	7:30- 9:00 EGGS		
		PM	OFF		
14-Jul	Sat	AM	OFF		

JULY		SENIORS		WEEK 2	
16-Jul	Mon	AM	7:30- 9:00 EGGS		
		PM	OFF		
17-Jul	Tu	AM	7:30- 9:00 EGGS		
		PM	OFF		
18-Jul	Wed	AM	OFF		
		PM	5:00 - 6:30 EGGS		
19-Jul	Th	AM	7:30- 9:00 EGGS		
		PM	OFF		
20-Jul	Fr	AM	6:00 - 7:30 EGGS		
		PM	OFF		
21-Jul	Sat	AM	OFF		
		PM			

GOLD				WEEK 2	
16-Jul	Mon	AM	OFF		
		PM	6:00 - 7:30 EGGS		dryland OFF
17-Jul	Tu	AM	OFF		
		PM	5:30- 7:00 EGGS		
18-Jul	Wed	AM	7:30- 9:00 EGGS		
		PM	6:30-8:00 NM		dryland OFF
19-Jul	Th	AM			
		PM	6:00 - 7:30 EGGS		
20-Jul	Fr	AM	6:00 - 7:30 EGGS		
		PM			
21-Jul	Sat	AM	OFF		
		PM			

SILVER				WEEK 2	
16-Jul	Mon	AM			
		PM	4:30-6:00		
17-Jul	Tu	AM			
		PM	4:30-5:30 Dryland off		
18-Jul	Wed	AM			
		PM	3:45-5:00		
19-Jul	Th	AM			
		PM	4:45- 6:00		
20-Jul	Fr	AM	7:30- 9:00 EGGS		
		PM	OFF		
21-Jul	Sat	AM	OFF		
		PM			

BRONZE				WEEK 2	
16-Jul	Mon	AM			
		PM	4:30-6:00		
17-Jul	Tu	AM			
		PM	4:30-5:30 Dryland off		
18-Jul	Wed	AM			
		PM	3:45-5:00		
19-Jul	Th	AM			
		PM	4:45- 6:00		
20-Jul	Fr	AM	7:30- 9:00 EGGS		
		PM	OFF		
21-Jul	Sat	AM	OFF		
		PM			

Monday 23 July - Term 3 Starts - Normal Timetable