

December 2017					
		Senior	Gold	Silver	Bronze
Monday 11 December	AM	No training - rest after ASA Age Groups			Normal training - except NO dryland sessions for all squads. Still arrive 15 mins before pool session to do own pre-training exercises
	PM				
Tuesday 12 December	AM	5.30-7.00am EGGS Senior and Gold combined			
	PM	Normal training - except no dryland sessions			
Wednesday 13 December	AM	No training - as Gold combined with Seniors on Tuesday			
	PM	5.00-6.30pm EGGS Senior and Gold combined			
Thursday 14 December	AM	5.30-7.00am EGGS Senior and Gold combined			
	PM	6.00-7.00pm EGGS Senior and Gold combined - No dry land			
Friday 15 December	AM	No training - as Gold combined with Seniors on Thursday			
	PM	6.15-8.00pm Newmarket - Senior and Gold combined - No dry land			
Saturday 16 December	AM	All squads at EGGS 7.30-9am - relays and BBQ			
Break until schedule on next page starts					

January 2018

		Swimmers going to Nelson Camp				Swimmers not going to camp							
		Senior	Gold	Silver	Bronze								
Wednesday, 3 January 2018	AM	No training				No training - see note below on Water Lions training over this period							
	PM	6.15-8pm NM											
Thursday, 4 January 2018	AM	No training											
	PM						6.15-8pm NM						
Friday, 5 January 2018	AM	No training											
	PM	6.15-8pm NM											
Saturday, 6 January 2018	No training												
Sunday, 7 January 2018	No training												
Monday, 8 January 2018	AM	7-8.30am Dio											
	PM	6.15-8pm NM	No training										
Tuesday, 9 January 2018	AM	7-8.30am Dio											
	PM	6.15-8pm NM	No training										
Wednesday, 10 January 2018	AM	Nelson Camp											
	PM						7-8.30am Dio						
Thursday, 11 January 2018	AM					7-8.30am Dio							
	PM					No training							
Friday, 12 January 2018	AM					7-8.30am Dio							
	PM					No training							
Saturday, 13 January 2018	No training												
Sunday, 14 January 2018	No training												
Monday, 15 January 2018	AM					Nelson Camp							
	PM												
Tuesday, 16 January 2018	AM												
	PM												
Wednesday, 17 January 2018	AM												
	PM												
Thursday, 18 January 2018	AM												
	PM												
Friday, 19 January 2018	AM												
	PM												
Saturday, 20 January 2018													
Sunday, 21 January 2018													

Timetable for 22-30 January on next page

		All swimmers			
		Senior	Gold	Silver	Bronze
Monday, 22 January 2018	AM	No training			
	PM	5.45-7.15pm Dio	6.15-8pm NM	2.30-4pm Dio	
Tuesday, 23 January 2018	AM	7-8.30am Dio	No training		
	PM	6.15-8pm NM	5.45-7.15pm Dio	2.30-4pm Dio	
Wednesday, 24 January 2018	AM	No training	7-8.30am Dio	No training	
	PM	5.45-7.15pm Dio	6.15-8pm NM	2.30-4pm Dio	
Thursday, 25 January 2018	AM	7-8.30am Dio	No training		
	PM	6.15-8pm NM	5.45-7.15pm Dio	2.30-4pm Dio	
Friday, 26 January 2018	AM	No training	7-8.30am Dio	No training	
	PM	No training - Counties Age Group Meet			
Saturday, 27 January 2018					
Sunday, 28 January 2018					
Monday, 29 January 2018	No training - Auckland Anniversary				
Tuesday, 30 January 2018	Normal training schedule resumes at EGGs and NM				

Note: For swimmers not going to the Nelson camp, Water Lions will be running training sessions at the EGGs outdoor pool from Monday 8 January. If you are interested in joining these then please contact Water Lions at water.lions.swimschool@hotmail.com