

* NO dryland over these TWO weeks for - ALL squads

		SENIORS	GOLD	SILVER	Bronze	Silver/GOLD JUST JUNIORS
3rd Dec Mon	AM	Normal timetable	OFF			
	PM	Normal timetable	4:30-6:00 Eggs	Normal timetable	Normal timetable	6:30-8:00 NM
4th Dec Tu	AM	Normal timetable	OFF			
	PM	5:30-7:00 EGGS	Normal timetable	Normal timetable	Normal timetable	6:15-7:45 NM
5th Dec Wed	AM	OFF	Normal timetable			
	PM	Normal timetable	3:45-5:00 EGGS	Normal timetable	Normal timetable	6:30-7:45 NM
6th Dec Thu	AM	Normal timetable	OFF			
	PM	6:00 - 7:30 EGGS	Normal Timetable	Normal timetable	Normal timetable	6:15-7:15 NM
7th Dec Fr	AM	OFF	Normal timetable			6:00- 7:00 am if not swimming Friday pm at Juniors
	PM	Normal timetable	No training	Normal timetable	Normal timetable	AUK JUNIORS
8th Dec Sat	AM	Normal timetable	Normal timetable	No training	No training	
9th Dec Sun	No training					
10th Dec Mon		Normal timetable	Normal timetable	Normal timetable	Normal timetable	No training
11th Dec Tu		Normal timetable	Normal timetable	Normal timetable	Normal timetable	
12th Dec Wed	AM	Normal timetable	Normal timetable	Normal timetable	Normal timetable	
	PM	EGGS Club xmas 4:00 - 6:30pm	Club xmas 4:00 - 6:30pm	Club xmas 4:00 - 6:30pm	Club xmas 4:00 - 6:30pm	
13th Dec Thu		Normal timetable	Normal timetable	Normal timetable	Normal timetable	
14th Dec Fri		Normal timetable	Normal timetable	Normal timetable	Normal timetable	
15th Dec Sat		LAST SESSION	LAST SESSION	LAST SESSION	No training	