



GenAquatic Squad Timetable

Bronze Squad: 3 Sessions

Silver Squad: 6 Sessions + 1 Dryland session

Gold Squad: 7 Sessions + 2 Dryland sessions

Gold

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>AM</i>	6.00-7.30	6.00-7.00		6.00-7.30	
<i>PM</i>	DRY LAND: 4:45 – 5:45	5.45-7.30 HAWTHORN POOL	DRY LAND: 5.15 – 6.00 6.00-7.30	6.00-7.30	6.00-7.30

Silver

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>AM</i>	6.00-7.30	6.00-7.30		6.00-7.30	
<i>PM</i>	6.00-7.30		DRY LAND: 5.15 – 6.00 6.00-7.30		6.00-7.30

Bronze

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>AM</i>					
<i>PM</i>	6.00-7.30	6.00-7.30		6.00-7.30	