

## Coaching Schedules

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
National Squad	AM	06:00-08:00 (Bar End)		06:00-08:00 (Bar End)		06:00-08:00 (Bar End)	07:00-08:30 (Bar End)	
	PM	16:30-18:30 (Bar End)	16:30-18:30 (Bar End)	17:00-19:00 (ATR)	16:30-18:30 (Bar End)	16:30-18:30 (Bar End)		

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Youth Squad	AM	06:00-07:30 (Bar End)		06:00-07:30 (Bar End)		06:00-07:30 (Bar End)		
	PM	19:00-21:00 (Bar End)	17:00-19:00 (ATR)	17:00-19:00 (ATR)	Land Work	19:30-21:00 (Bar End)		17:30-19:30 (Bar End)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Age Group Squad	AM		06:00-07:30 (Bar End)		06:00-07:30 (Bar End)			
	PM	17:00-19:00 (ATR)	17:00-19:00 (ATR) <i>*by invite</i>	19:00-21:00 (Bar End)	Land Work	19:30-21:00 (Bar End)		19:30-21:00 (Bar End)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Junior Squad	AM		06:00-07:30 (Bar End) <i>*Invite only</i>		06:00-07:30 (Bar End) <i>*Invite only</i>			
	PM	18:30-20:00 (Bar End)	20:00-21:00 (Bar End) <i>*Long Course</i>		20:00-21:00 (Bar End) <i>*Long Course</i>	19:30-21:00 (Bar End)		18:30-20:00 (Bar End)

## Penguin Squads

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gold Penguins	AM						07:00-08:00 (Oaklands)	
	PM		20:00-21:00 (Bar End) *Long Course	19:00-20:00 (Bar End)	18:30-19:30 (Bar End)			16:30-17:30 (Bar End)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Silver Penguins	AM						08:00-09:00 (Oaklands)	
	PM			18:30-20:00 (Kings)		18:30-19:30 (Bar End)		17:30-18:30 (Bar End)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bronze Penguins	AM							
	PM		18:30-19:30 (Bar End)	19:00-20:00 (Bar End)				16:30-17:30 (Bar End)

## Development Squads

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Advanced Development</b>	AM	06:00-07:30 (Bar End) <i>*invite only</i>				06:00-07:30 (Bar End) <i>*invite only</i>		
	PM	20:00-21:00 (Bar End)		17:00-19:00 (ATR) <i>*invite only</i>		18:30-19:30 (Bar End)		20:00-21:00 (Bar End)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Intermediate Development</b>	AM						06:00-07:00 (Oaklands)	
	PM	20:00-21:00 (Bar End)		20:00-21:00 (Bar End)				

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Junior Development</b>	AM							
	PM	20:00-21:00 (Bar End)		19:00-20:00 (Bar End)			17:00-18:00 (Oaklands)	

### Other Squads

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Young Advanced	AM							
	PM						16:00-17:00 (Oaklands)	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Disability Squad	AM							
	PM			19:00-20:00 (Bar End)		EA Session	18:00-19:00 (Oaklands)	

### Masters Squads

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Masters	AM		06:00-08:00 (Bar End)	06:00-07:30 (Bar End)	06:00-08:00 (Bar End)			07:00-08:30 (Bar End)
	PM	19:00-21:00 (ATR)	19:00-21:00 (ATR)	19:00-21:00 (ATR)		18:30-19:30 (Bar End)		