

Squad Schedule @ October 2021

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stroke Development	3:30pm – 4:15pm + 4:15pm – 5:00pm	3:30pm – 4:15pm + 4:15pm – 5:00pm	3.30pm -4.15pm + 4:15pm – 5:00pm	3:30pm – 4:15pm + 4:15pm – 5:00pm	4:15pm – 5:00pm	7:45am – 8:30am
Juniors	4:00pm – 5:00pm	4:00pm – 5:00pm + 5.00pm - 6.30pm	4:00pm – 5:00pm	4:00pm – 5:00pm + 5.00pm - 6.30pm	4:00pm – 5:00pm	6:30am – 7:30am
Gold*	5:00pm – 6:30pm	5:30am – 7:30am 5:00pm – 6:30pm	5:00pm – 6:30pm	5:30am – 7:30am 5:00pm – 6:30pm	5:00pm – 6:30pm	
Purple*	5:30am – 7:30am 5:00pm – 7:00pm	5:30am – 7:30am	5:00pm – 7:00pm	5:30am – 7:30am	5:30am – 7:30am 5:00pm – 7:00pm	6:30am – 8:30am
Black*	5:30am – 7:30am 5:00pm – 7:00pm	5:30am – 7:30am 5:00pm – 7:00pm	5.30am-7.30am	5:30am – 7:30am 5:00pm – 7:00pm	5:30am – 7:30am 5:00pm – 7:00pm	6:30am – 8:30am
White		5.30am - 7.30am	5:30am – 7:00am		5.00pm-6.30pm	6:30am – 8:30am

*Activation at 4.30pm daily.