

# Training hours

## By Day

### **Mondays**

Development 5-7pm

Academy Nemo 5-6pm

Academy Dolphin and Porpoise 6-7pm

### **Tuesdays**

Waterdragons 5-6pm

Development 6-7pm

Academy Nemo and Dolphin 6-7pm\*

\*Academy Porpoise swimmers  
only to use this as their 3<sup>rd</sup> session

### **Thursdays**

Waterdragons 5-6pm

Development 5.45-7pm

Academy Dolphins 5.45-7pm

Legends 6-7pm

### **Fridays**

Academy Nemo, Dolphin and Porpoise 7-8pm

Development 7-8.30pm

Legends and Masters 8-9pm

## By Squad

**Development Squad**, 4 sessions, 5.75hrs

Mondays 5-7pm

Tuesdays 6-7pm

Thursdays 5.45pm-7pm

Fridays 7-8.30p

**Academy Squad Nemo Group**, 3 sessions, 3 hrs

Mondays 5-6pm

Tuesdays 6-7pm

Fridays 7-8pm

**Academy Squad Porpoise Group**, 3 sessions, 3hrs

Mondays 6-7pm

Tuesdays 6-7pm\* (\*strictly only if this is the 3<sup>rd</sup> session)

Fridays 7-8pm

**Academy Squad Dolphin Group**, 4 sessions, 4.25hrs

Mondays 6-7pm

Tuesdays 6-7pm

Thursdays 5.45-7pm

Fridays 7-8pm

**Legends Squad**, 2+ session, 2+ hours

Thursdays 6-7pm

Fridays 8-9pm

or other Development sessions by agreement with coaches