

	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
National	AM	5:30-7:30	-	5:30-7:30	-	5:30-7:30	6:00-8:00	-
	PM	5:00-7:00 LT 4:30	5:30-7:15 Gym -4:35*	5:00-7:00	5:30-7:15 Gym - 4:35*	6:00-7:00 Gym 5:15*		
National Potential	AM	5:30-7:30	-	5:30-7:30	-	5:30-7:30	-	-
	PM	5:00-7:00 LT 4:30	5:30-7:15 Gym - 4:35*	-	5:30-7:15 Gym - 4:35*	5:30-7:00 LT 5:00		5:00-6:30
HIT60	AM	6:00-7:30	6:00-7:30	6:00-7:30	-	6:00-7:30	-	-
	PM	-	6:00-7:00	-	6:00-7:00	-		5:00-6:30
Junior A	AM	-	6:00-7:30	-	-	6:00-7:30	-	-
	PM	5:30-7:00 LT 5:00	-	5:30-7:00 LT 5:00	-	5:30-7:00 LT 5:00		5:00-6:30
Junior B	AM	-	6:00-7:00	-	-	-	-	-
	PM	4:00-5:00	-	4:00-5:00 LT 3:45	-	4:00-5:00		4:00-5:00 LT 3:45
Junior C	AM	6:00-7:00	-	-	-	-	-	-
	PM	-	4:30-5:30 LT 4:15	-	4:30-5:30 LT 4:15	-		4:00-5:00 LT 3:45
Junior Coaching Gold / Silver / Bronze	PM	4:00-4:45	4:30-5:15	4:00-4:45	4:30-5:15	4:00-4:45	-	4:00-4:45
		4:45-5:30	5:15-6:00	4:45-5:30	5:15-6:00	4:45-5:30		4:45-5:30
Learn to Swim RED / BLUE	PM	4:00-4:30	4:30-5:00	4:00-4:30	4:30-5:00	4:00-4:30	-	-
		4:30-5:00	5:00-5:30	4:30-5:00	5:00-5:30	4:30-5:00		
		5:00-5:30	5:30-6:00	5:00-5:30	5:30-6:00	5:00-5:30		
Swim-fit	AM	5:30-7:30	5:30-7:30	5:30-7:30	-	5:30-7:30	-	-
	PM	-	-	-	-	-		

* Charge of \$40 per month for gym at SPC for non St Paul's students

LT Land Training
Gym Weights room
WW Waterworld

If you have any questions please contact Graham Smith:- g.smith@stpauls.school.nz or 0274 906 856

"As long as you've got passion, faith and are willing to work hard, you can do anything you want in this life"