

TERM 2 St Paul's Swim Club

	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
National	AM	5:40 - 7:30 PP 5:25	-	5:40 - 7:30 PP 5:25	-	WW 5:40 - 7:30 PP 5:30	6:00 - 8:00 PS 8:00 - 8:30	-
	PM	5:00 - 7:00 LT 4:30	5:00 - 7:00 Gym 4:30	5:00-7:00	5:00 - 7:00 Gym 4:30	6:00 - 7:00 Gym 5:15	-	-
National Potential	AM	5:40 - 7:30 PP 5:25	-	5:40 - 7:30 PP 5:25	-	5:40 - 7:30 PP 5:25	-	-
	PM	5:30 - 7:00 LT 5:00	5:30 - 7:00 Gym 4:30	-	5:30 - 7:00 Gym 4:30	5:00 - 7:00 PP 4:45	-	5:00 - 6:30 PP 4:45
HIT60	AM	5:30 - 7:30	6:00 - 7:30	5:30 - 7:30	-	5:30 - 7:30	-	-
	PM	-	6:00 - 7:00	-	6:00 - 7:00	-	-	5:30 - 6:30
Junior A	AM	-	6:00 - 7:30 PP 5:45	-	-	6:00 - 7:30 PP 5:45	-	-
	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 PP 4:45
Junior B	AM	-	6:00 - 7:00 PP 5:45	-	-	-	-	-
	PM	4:00 - 5:00	-	4:00 - 5:00 PP 3:45	-	4:00 - 5:00	-	4:00 - 5:00 PP 3:45
Junior C	AM	6:00 - 7:00	-	-	-	-	-	-
	PM	-	4:00 - 5:00 PP 3:45	-	4:00 - 5:00 PP 3:45	-	-	4:00-5:00 PP 3:45
Junior Coaching	PM	4:00 - 4:45	4:00 - 4:45	4:00 - 4:45	4:00 - 4:45	4:00 - 4:45	-	4:00-4:45
		4:45 - 5:30	4:45 - 5:30	4:45 - 5:30	4:45 - 5:30	4:45 - 5:30	4:45 - 5:30	4:45-5:30
Learn to Swim	PM	4:00 - 4:30	4:00 - 4:30	4:00 - 4:30	4:00 - 4:30	4:00 - 4:30	-	-
		4:30 - 5:00	4:30 - 5:00	4:30 - 5:00	4:30 - 5:00	4:30 - 5:00	-	-
		5:00 - 5:30	5:00 - 5:30	5:00 - 5:30	5:00 - 5:30	5:00 - 5:30	-	-
Masters (18+)	AM	5:30 - 7:30	6:00 - 7:30	5:30 - 7:30	-	5:30 - 7:30	-	-
	PM	-	-	-	-	-	-	-

Abbreviations
 WW = Waterworld
 LT = Land Training
 GYM = Weights room
 PP = Pre-pool
 PS = Post Stretch

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