

# SQUAD TRAINING TIME SCHEDULE SEASON 2009/2010

FEB 1st 2010- MAY 28th 2010

MONDAY	
PreSquad Beginner (4-7 years)	EP 3:05-3:40pm
PreSquad Beginner (7-10 years)	EP 3:40-4:15pm
PreSquad Advanced (10 & Over)	EP 4:30-5:15pm   EP 5:15-6:00pm
Mini Squad	HS 3:00-4:15pm
Junior Squad	HS 3:00-4:15pm   EP 4:20-5:50pm
Intermediate	HS 4:00-5:50pm
Development	HS 4:00-6:00pm

TUESDAY	
PreSquad Beginner (4-7 years)	HS 3:05-3:40pm
PreSquad Beginner (7-10 years)	HS 3:40-4:15pm
PreSquad Advanced (10 & Over)	EP 4:30-5:15pm   EP 5:15-6:00pm
Mini Squad	HS 3:00-4:15pm
Junior Squad	HS 3:00-4:15pm   EP 4:20-5:50pm
Intermediate	HS 3:15-4:15pm   HS 4:00-5:50pm
Development	HS 4:00-6:00pm

WEDNESDAY	
PreSquad Beginner (4-7 years)	HS 3:05-3:40pm
PreSquad Beginner (7-10 years)	HS 3:40-4:15pm
Mini Squad	HS 3:00-4:15pm   EP 4:30-5:45pm
Junior Squad	HS 3:00-4:15pm   EP 4:20-5:50pm
Intermediate	HS 4:00-5:50pm
Development	HS 4:00-6:00pm

THURSDAY	
PreSquad Advanced (10 & Over)	EP 4:30-5:15pm   EP 5:15-6:00pm
Mini Squad	HS 3:00-4:15pm
Junior Squad	HS 3:00-4:15pm   EP 4:20-5:50pm
Intermediate	HS 3:15-4:15pm   HS 4:00-5:50pm
Development	HS 4:00-6:00pm

FRIDAY	
PreSquad Beginner (4-7 years)	EP 3:05-3:40pm
PreSquad Beginner (7-10 years)	EP 3:40-4:15pm
Mini Squad	HS 3:00-4:15pm   HS 4:30-5:45pm
Junior Squad	HS 3:00-4:15pm   HS 4:20-5:50pm
Intermediate	HS 3:15-4:15pm   HS 4:00-5:50pm
Development	HS 4:00-6:00pm

SATURDAY	
Jnr-Dev	Venue/Timing/Schedule announced in weekly updates

HS  
EP

HIGH SCHOOL POOL  
ELEMENTARY POOL

Please note - timetable changes on an ad-hoc basis. Check the weekly updates or web page [www.thefightingfish.com](http://www.thefightingfish.com)