CGGS AQUATIC : CLUB SQUAD TRAINING TIMETABLE - TERM 3, 2020

Day		National Development (ND) State Performance	Coach	State	Coach	State Target	Coach	Emerging	Coach	Development	Coach
		Session Times		Times		Times		Times		Times	
Mon	AM										
	PM			6.00 - 7.30	Amon			5.00 - 6.00	James	4.00 - 5.00	James
	PM										
Tue	AM	5.45 - 7.30	Peter	5.45 - 7.30	Amon						
	PM	5.30 - 7.00	Peter			4.00 - 5.30	James				
Wed	AM										
	PM	6.00 - 7.30	Peter	6.00 - 7.30	Amon			5.00 - 6.00	Caradoc	5.00 - 6.00	James
	PM										
Thu	AM	5.45 - 7.30	Peter	5.45 - 7.30	Amon						
	PM	6.00 - 7.30 ND	Peter			5.00 - 6.00	Caradoc	4.00 - 5.00	Caradoc		
Fri	AM										
	PM	5.30 - 7.00	Peter			4.00 - 5.30	Caradoc				
Sat	AM	6.45 - 8.30	Peter	6.45 - 8.30	Amon	8.30 - 10.00	Caradoc				
	AM										