

Day	Times	Age Groups	Focus	Other Details
Tuesday	6.30 am -7.45 am	10, 11, 12 Years	<ul style="list-style-type: none"> • Time Trials • Relays • Starts • Turns • Finishes • Stroke Correction • Turns • Speed Work • Stroke Correction • Turns • Speed Work 	<ul style="list-style-type: none"> • Water Bottles • Swimming Cap • Goggles • Towel • Own Flippers if welcomed
Tuesday	7.00 am -7.45 am	7, 8, 9 Years		
Tuesday	3.30 pm – 4.30 pm	7, 8, 9 Years		
Tuesday	3.30 pm – 5.00 pm	10, 11, 12 Years		
Wednesday	3.30 pm – 4.30 pm	7, 8, 9 Years		
Wednesday	3.30 pm – 5.00 pm	10, 11, 12 Years		
Thursday	6.30 am -7.45am	10, 11, 12 Years		
Thursday	7.00 am -7.45am	7, 8, 9 Years		
Thursday	3.30 pm – 4.30 pm	7, 8, 9 Years		
Thursday	3.30 pm – 5.00 pm	10, 11, 12 Years		