

Kiwi West Aquatics - Squad Schedule - Effective from Monday 17 October 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	6.00-7.30	6.00-7.30	6.00-7.30		6.00-7.30	6.00-8.00
	Perform	Perform	Perform		Perform	Perform*
		Race	Race		Race	Race
	Tracy	Tracy	Tracy		Tracy	Tracy
						8.00 - 9.00
						Development
						Tracy

PM	4.00-5.00	4.00-6.00	4.00-5.00	4.00-6.00	4.00-5.00
	Development	Perform*	Development	Perform	Development
	Tracy	Tracy	Tracy	Tracy	Tracy
	4.30-6.00		5.00-7.00		5.00-7.00
	Race		Race		Perform
	Tracy		Tracy		Race
	6.00-8.00				Tracy
	Perform				
	Tracy				

*Session end time will change when dry-land training is incorporated (TBC)