



Squad Training Schedule

Intro Squad (1-2 sessions / week) Waves Coach: Sharon/Kate/Antony

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00pm Sharon		5:00-6:00pm Sharon	4:00-5:00pm Antony	5:00-6:00pm Kate	1:00-2:00pm Sharon

Development Squad (2-3 sessions / week) Waves Coach: Sharon/Kate

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00pm Sharon		6:00-7:00pm Sharon	5:00-6:00pm 6:00-7:00pm Kate	6:00-7:00pm Kate	2:00-3:00pm Sharon

Sub-Junior Squad (3 sessions / week required) MGGS Coach: Courtney & Meg

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:30pm 6-6:30pm Dry	6:30-7:30pm	4:15-5:00pm DRY Waves	6:00-7:30pm	5:00-6:30pm	8:00-9:30am

Junior Squad (4 sessions / week required) MGGS Coach: Courtney & Meg

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:30pm 6-6:30pm DRY	6:30-7:30pm	5:30-7:00am Waves 5:00-6:00pm DRY Waves	6:00-7:30pm	5:00-6:30pm	8:00-9:30am

State Squad (5 sessions / week required) Waves Coach: Antony

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-7:00am	5:00-7:00pm	5:30-7:00am 5:00-6:00 pm DRY Waves	5:00-7:00pm	5:00-6:30pm	6:00-8:00am

National Development Squad (6 sessions / week required) Waves Coach: Antony

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-7:00am	5:30-7:00am 5:00-7:00pm		5:30-7:00am 5:00-7:00pm	5:30-7:00am	6:00-8:00am

Youth Squad (1 – 4 sessions / week available) Waves Coach: Amber/Kate/Lou

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-8:00pm Amber	7:00-8:00pm Amber	7:00-8:00pm Lou		7:00-8:00pm Kate	

Senior Squad (1-4 sessions / week available) Waves Coach: Amber/Lou/Kate

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-8:30pm Amber	7:00-8:30pm Amber	7:00-8:30pm Lou	7:00-8:30pm Kate	7:00-8:30pm Kate	

Adult Squad (1-3 sessions / week available) Waves Coach: Sharon

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-7:00am		5:30-7:00am	5:30-7:00am	