



PLEASE NOTE THERE WILL BE NO SQUAD SESSIONS ON GOOD FRIDAY 3rd APRIL OR EASTER MONDAY 6th APRIL

REGIONAL/NATIONAL				
Day	AM	Start	Finish	Duration
Monday 6 April	AM	N/A	N/A	N/A
Tuesday 7 April	AM	6:00	7:30	1:30
Wednesday 8 April	AM	6:00	7:30	1:30
Thursday 9th April	AM	6:00	7:30	1:30
Friday 10th April	AM	6:00	7:30	1:30

STROKE DEVELOPMENT				
Day	PM	Start	Finish	Duration
Monday 6 April	PM	N/A	N/A	N/A
Tuesday 7 April	PM	4:00	5:00	1:00
Wednesday 8 April	PM	4:00	5:00	1:00
Thursday 9th April	PM	4:00	5:00	1:00
Friday 10th April	PM	4:00	5:00	1:00

REGIONAL / NATIONAL				
Day	PM	Start	Finish	Duration
Monday 6 April	PM	N/A	N/A	N/A
Tuesday 7 April	PM	5:00	6:30	1:30
Wednesday 8 April	PM	5:00	6:30	1:30
Thursday 9th April	PM	5:00	6:30	1:30
Friday 10th April	PM	5:00	6:30	1:30

STROKE TECH				
Day	PM	Start	Finish	Duration
Monday 6 April	PM	N/A	N/A	N/A
Tuesday 7 April	PM	4:00	5:00	1:00
Wednesday 8 April	PM	4:00	5:00	1:00
Thursday 9th April	PM	4:00	5:00	1:00
Friday 10th April	PM	4:00	5:00	1:00

ADULT/SENIOR FIT				
Day	AM	Start	Finish	Duration
Monday 6 April	AM	N/A	N/A	N/A
Tuesday 7 April	AM	6:00	7:30	1:30
Wednesday 8 April	AM	6:00	7:30	1:30
Thursday 9th April	AM	6:00	7:30	1:30
Friday 10th April	AM	6:00	7:30	1:30

AQUAFIT				
Day	PM	Start	Finish	Duration
Monday 6 April	PM	N/A	N/A	N/A
Tuesday 7 April	PM	5:00	6:00	1:00
Wednesday 8 April	PM	5:00	6:00	1:00
Thursday 9th April	PM	5:00	6:00	1:00
Friday 10th April	PM	5:00	6:00	1:00