EVOLUTION

PLEASE NOTE THERE WILL BE NO SQUAD SESSIONS ON FRIDAY 10th JULY MATARIKI HOLIDAY

*** PLEASE NOTE THIS FRIDAY PM SESSION FOR REGIONAL/NATIONAL/AQUAFIT WILL REQUIRE A MINIMUM NUMBER OF SWIMMERS CONFIRMED TO GO AHEAD**

REGIONAL/NATIONAL

Day	AM	Start	Finish	Duration
Monday 6 & 13 July	AM	6:00	7:30	1:30
Tuesday 7 & 14 July	AM	6:00	7:30	1:30
Wednesday 8 & 15 July	AM	6:00	7:30	1:30
Thursday 9 & 16 July	AM	6:00	7:30	1:30
Friday 17th July	AM	6:00	7:30	1:30

REGIONAL / NATIONAL

Day	PM	Start	Finish	Duration
Monday 6 & 13 July	PM	5:00	6:30	1:30
Tuesday 7 & 14 July	PM	5:00	6:30	1:30
Wednesday 8 & 15 July	PM	5:00	6:30	1:30
Thursday 9 & 16 July	PM	5:00	6:30	1:30
Friday 17th July *	PM*	5:00	6:30	1:30

ADULT/SENIOR FIT

Day	AM	Start	Finish	Duration
Monday 6 & 13 July	AM	6:00	7:30	1:30
Tuesday 7 & 14 July	AM	6:00	7:30	1:30
Wednesday 8 & 15 July	AM	6:00	7:30	1:30
Thursday 9 & 16 July	AM	6:00	7:30	1:30
Friday 17th July	AM	6:00	7:30	1:30

STROKE DEVELOPMENT

Day	PM	Start	Finish	Duration
Monday 6 & 13 July	PM	N/A	N/A	N/A
Tuesday 7 & 14 July	PM	4:00	5:00	1:00
Wednesday 8 & 15 July	PM	4:00	5:00	1:00
Thursday 9 & 16 July	PM	4:00	5:00	1:00
Friday 17th July	PM	4:00	5:00	1:00

STROKE TECH

Day	PM	Start	Finish	Duration
Monday 6 & 13 July	PM	N/A	N/A	N/A
Tuesday 7 & 14 July	PM	4:00	5:00	1:00
Wednesday 8 & 15 July	PM	4:00	5:00	1:00
Thursday 9 & 16 July	PM	4:00	5:00	1:00
Friday 17th July	PM	4:00	5:00	1:00

AQUAFIT

Day	PM	Start	Finish	Duration
Monday 6 & 13 July	PM	N/A	N/A	N/A
Tuesday 7 & 14 July	PM	5:00	6:00	1:00
Wednesday 8 & 15 July	PM	5:00	6:00	1:00
Thursday 9 & 16 July	PM	5:00	6:00	1:00
Friday 17th July *	PM*	5:00	6:00	1:00